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THE MAGAZINE FOR COACHES, TRAINERS, OFFTCIALS AND FAN:

**VOLUME XXII** 

**MARCH, 1960** 

NUMBER 8

CAMPUS CLOSE-UP:

U. S. AIR FORCE ACADEMY

Colorado Springs, Colorado

Coach Harry Fogleman and Carl Hagberg Cincinnati





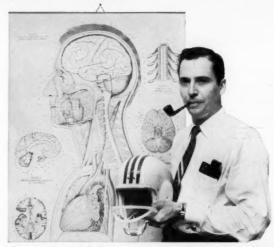
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MARCH / 1960

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In the next issue ...

Campus Close-Up

University of Washington

**Technical Articles** Features

#### FRONT COVER



Coach Harry Fogleman and Carl Hagberg Cincinnati

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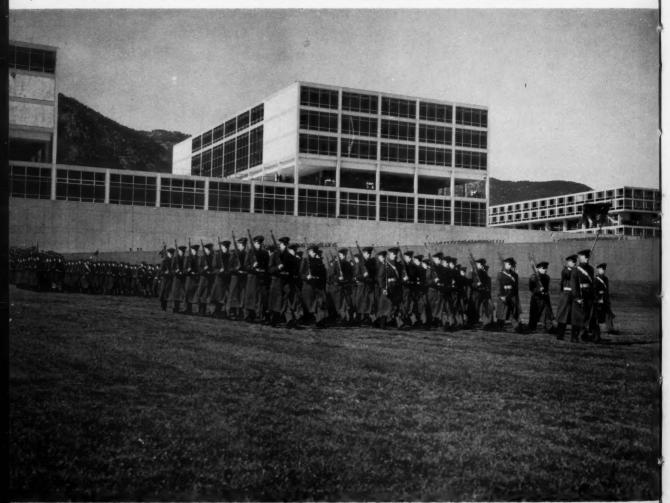


# THE UNITED STATES

# AIR FORCE ACADEMY

**COLORADO SPRINGS, COLORADO** 

The Air Force Cadet Wing, dressed in parade dress blues, marches onto the parade ground at the U.S. Air Force Academy north of Colorado Springs, Colorado. The Cadet Wing, now numbering about 1,500, is shown proceeding down the ramp from the academic area for a Saturday parade. The view, looking northwest toward the Rampart Range, includes Fairchild Hall (the academic building) in the center with a portion of Vandenberg Hall (the cadet dormitory) at right.—AIR FORCE PHOTO.



#### By MARTIN C. REISCH

IN THIS aerospace age it's only natural that an institution such as the Air Force Academy wants to go places in a hurry. And the nation's newst service academy certainly has done that — both in the classrooms and on the athletic fields.

Even before the Air Force Academy graduated its first class in June of 1959, it had received accreditation from the North Central Association of Colleges and Secondary Schools. It also had produced a Rhodes Scholar.

And even before that, the Falcons had made history on the gridiron by going undefeated in 1958 and playing Texas Christian to a scoreless tie in the 1959 Cotton Bowl game.

Yes, the Air Force Academy located just north of Colorado Springs on an 18,000 acre spread at the foothills of the Rampart Range of the Rockies, has made a fast move out of the starting blocks. It's come a long way since that first class of 300 Cadets was sworn in on July 11, 1955, at the temporary Academy site at Lowry Air Force Base, Denver.

But the Academy is still growing. Construction is now about 97 per cent complete, with the hospital and chapel the two major items still unfinished. Enrollment currently is approximately 1,500. but with full-size Freshman classes now coming in, will reach the authorized strength of 2,550 in 1962. This will make enrollment the same as that of the Corps of Cadets at West Point.

Lt. Gen. Hubert R. Harmon, served as the Academy's first superintendent. On his retirement in 1956, he was succeeded by Maj. Gen. James E. Briggs. The present superintendent is Maj. Gen. William S. Stone, who succeeded General Briggs in August, 1959.

If the Air Force Academy does as well as West Point and Annapolis have done in motivating graduates for lifetime careers of service, it will save its costs several times over in pilot training outlays alone. After a young man graduates from either the Academy or civilian colleges, it costs approximately \$150,000 to make a combat-ready pilot out of him.

Over the years by producing a large proportion of officers who will spend their lives in the Service, the Academy should save hundreds of millions of dollars in the cost of specialized post-graduate training. Greater effectiveness resulting from an increased experience level should save millions more.

The prescribed curriculum at the Academy totals \$83 credit hours, including both academic and military airmanship studies. The four-year program is neither engineering nor liberal arts, but combines certain elements of both. Studies are balanced between the social sciences and the humanities, on one hand. and the basic and applied sciences. on the other. In September, 1958, a new Department of Astronautics began teaching Cadets the fundamental physics of manned and unmanned flight through space.

Along with their academic studies, Cadets receive four years of equally important training in airmanship, which includes military, leadership, physical and navigation training. Training in navigation provides a firm foundation for future specialization in various fields of manned aircraft or guided missiles. It includes 171 hours in the air in navigational trainer type aircraft. Cadets also receive a two weeks' indoctrination to pilot training.

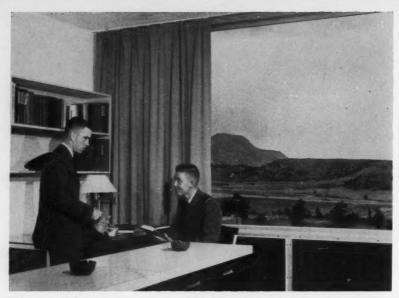
Those who complete the four-year course of study graduate with Bachelor of Science degrees, the aeronautical rating of navigator, and commissions as second lieutenants in the Regular Air Force. Most graduates will take full-



Major General William S. Stone Superintendent

With snow-capped Pikes Peak towering in the distance, the United States Air Force Academy north of Colorado Springs, Colorado, is shown in this recent aerial photo. Buildings, from left to right, nestled against the Rampart Range of the Rockies are Fairchild Hall (Academic-Library Building), with the Aerodynamics-Thermodynamics Lab and Mitchell Hall (Cadet Dining Hall) behind it; Vandenberg Hall (the Cadet Dormitory), which will eventually house approximately 2,550 cadets, two to a room; Harmon Hall (the Administration Building); Arnold Hall (Cadet Social Center); and the Planetarium (dome at right). The parade ground stretches at left from Fairchild Hall. The Physical Education Building and athletic fields are at lower center and lower right.—AIR FORCE PHOTO.





This is one of the dormitory rooms in which cadets sleep and study at the permanent home of the United States Air Force Academy north of Colorado Springs, Colorado. Two cadets occupy each of these rooms and spend most of their evening hours studying in them.—AIR FORCE PHOTO.

#### CAMPUS CLOSEUP(Continued)

scale military pilot training after leaving the Academy.

The Academy conducts a carefully developed physical education program. including an intensive system of intramural sports. All Cadets not engaged in a seasonal intercollegiate sport are required to participate at least twice each week in intramural competition. It's safe to say that every Cadet at the Air Force Academy is an athlete.

Fifteen sports presently are included in the intercollegiate program. They are: Fall — football, soccer, crosscountry; Winter — basketball, wrestling, gymnastics, rifle, pistol, swimming, skiing, fencing; Spring — baseball, track, golf and tennis.

To remain eligible for intercollegiate sports, a Cadet must maintain an average of 70 per cent in each academic subject.

The overall operation of the Department of Athletics, which includes intercollegiates, intramurals and instruction, is under the direction of Col. George B. Simler, a 1948 graduate of the University of Maryland who has distinguished himself as a combat pilot, instructor, administrator and coach.

The assistant director for intercollegiate athletics is Mr. Bob James, a 1947 graduate of Maryland, where he was a four-sports letterman. James' most recent position at Maryland was as associate dean of men.

Lt. Col. Cas Myslinski is assistant director for physical education. He is a 1943 graduate of West Point, where he was an all-America center in football.

Perhaps the emergence of the football team as a nationally-ranked power, worthy of mention in the same breath as West Point and Annapolis, has done more to focus attention on the Air Force Academy than anything else during the past five years.

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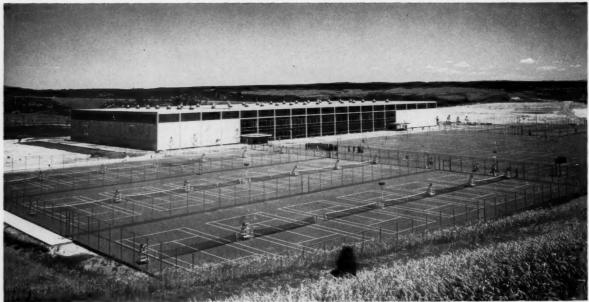
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The Falcons became of age in football on Oct. 4, 1959, when they played Iowa to a 13-13 tie at Iowa City. That provided the impetus that carried the Academy through the remainder of its slate undefeated and into a Cotton Bowl berth. During that campaign, with a team selected from a student body of only 1,100, the Falcons tied two conference champions (Iowa of the Big Ten and TCU of the Southwest) and defeated one other (Wyoming of the Skyline). They also defeated two bowl game winners (Oklahoma State - Blue Grass, and Wyoming - Sun Bowl).

For these accomplishments, in his first year at the Academy, Coach Ben

PHYSICAL EDUCATION COMPLEX — Here is the center of Cadet physical training, intramural and intercollegiate sports activity. In foreground are all-weather tennis, basketball and badminton courts. Behind building are athletic fields.



COACH & ATHLETE / March, 1960



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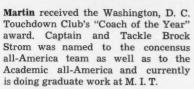
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Col. George B. Simler Director of Athletics



The 1959 season, while not as spectacular as 1958, nevertheless was both successful and thrill-filled. Highlights of this past gridiron parade were a 13-13 tie with Army in the first meeting of the service academies before a sellout crowd at Yankee Stadium and a convincing 20-7 triumph over UCLA. The season record was five wins, four losses and one tie, with the schedule slightly tougher and four consecutive major foes (Oregon, UCLA, Army, Missouri) played on the road in midseason.

Quarterback Rich Mayo was named to the academic All-America first team, cosponsored by the College Sports Information Director of America and the American People's Encyclopedia, with selection by 410 sports writers across the country. Capt. and Guard Howard Bronson was placed on the second team.

Another milestone will be reached next October 15 when the Air Force Academy and Navy have their initial football meeting in Baltimore.

Football, however, is not the only sport in which the Cadets have made rapid progress. Maj. Bob Spear's basketball team, while never boasting a player over 6-4, also has never had a losing season. During the past three seasons the Falcons have compiled an overall 42-25 mark, and, despite loss of their scoring ace, Bob Beckel, and the toughest schedule yet negotiated (Notre Dame, Nebraska, Loyola of Chicago, Marquette, Creighton, Denver,



Ben Martin Head Football Coach

Wyoming, UCLA, Oklahoma State, to name a few) they have at least a 50-50 chance of going over the .500 average again this season.

Beckel in three vasity seasons, scored 1,524 points for a 22.7 average. The point total and per-game averages by the 6-1 blond bomber are the highest ever amassed by a collegian in the state of Colorado during a three-year career.

Falcon fencing, rifle and gymnastics teams all have won regional or sectional laurels and the progress in all sports has been steady. This is best exemplified by a comparison of dual



Capt. William Richardson, officer representative of the Air Force Academy's Falconers, is shown with six young falcons, captured last spring shortly after birth, from the rocky heights on the Academy grounds. These birds are among those which are trained daily by the Falconers. They give free-flight performances at football games and other events. The Falcon was chosen as the Academy mascot by the first class of Cadets in 1955.

meet win-loss records in 14 of the 15 sports (skiing excepted). During the 1955-56 season the Falcons had an overall .407 win average. It jumped to .574 in 1956-57, .595 in 1957-58, and last year reached .643.

The Air Force Academy's athletic program not only is on solid footing, (Continued on Page 46)

Architect's drawing of the 40,000-seat football stadium to be built on the site at the Air Force Academy. The Air Force Academy Foundation, seeking \$3,500,000 for construction of the stadium, will begin an in-service drive in mid-April and follow it with public solicitations. Target date for completion of the stadium is the start of the 1962 football season.





# THE



By DWIGHT KEITH

#### COMPETITIVE SPORTS

A T NO TIME in our national history has it been more important to develop and emphasize sports — particularly competitive sports. In our early history, and until a couple of generations ago, our society was predominantly rural in nature. The rural life provided physical activity for the boys and girls of that time. Having been a boy on an Alabama farm, we do not have to do research to learn that the rural life provides ample physical activity for the growing boy. The usual farm chores occasionally spiced with a little hunting and fishing kept a boy from "going stale" physically.

Today, however, our society is predominantly urban and the need for planned recreation is much greater. Many of our readers will never believe this, but there are people today, some of them in positions of authority, who advocate curtailment or abolition of athletics in our schools. Fortunately, these people are in the minority and fortunately, they are in the wrong and since we believe that the right will ultimately prevail, we have less cause to be concerned with their views.

Should we abolish athletics in our schools? We would only drive it into the vacant lots and under the supervision of unqualified leaders. Remember this — play is a strong instinct. The kids will continue to play and compete on teams, but, instead of school teams, it will be community or commercial teams coached, in many cases, by untrained personnel or questionable character. In other words, athletics would lose most of its educational aspects. The school, the community and the boys would be the big losers.

We hear a great deal about Russia's superiority in the field of science and this has led many uninformed people to advocate the abolition of sports in an all-out effort in science. These critics of competitive sports are not aware of the fact that the two required subjects in Russian schools are science and physical education. Russia is laying great stress on sports since they, too, realize that the mind needs the sound body.

#### **GOLF COACHING CLINIC**

Dave Williams, the fine golf coach at the University of Houston, announces a new flourish to the 6th annual National Intercollegiate Invitational Golf Tournament. He is adding a golf coaching clinic to this already popular event and high school and college coaches from over the nation have been invited to attend. Included in the topics to be covered are teaching with visual aids, basic fundamentals of the golf swing, styles of golf swing, conducting a high school golf tournament, selecting the team, developing team spirit, building a putting green on school grounds, golf etiquette, the personality problem, organizing a golf club in schools and playing tips, including tee shots, long irons, trap shots, chipping and putting and short irons. Serving as instructors will be Coach Jim Russell of Odessa Junior College; J. H. Roquemore of Galveston's Ball High School; Harry Musatto, Western Illinois and Byron Nelson.

The tournament begins April 12th with the clinic scheduled for April 16th at Pine Forest County Club in Houston.

With Dave Williams in charge, the clinic and tournament will be a success, for Dave does things in a winning way. His school (University of Houston) has won 18 straight tournaments; 4 NCAA titles; 3 straight individual NCAA titles; 2 consecutive NCAA medalists; set NCAA team records 2 straight years; has won a total of 30 tournaments and produced 5 All-American golfers. Williams' clubs have not lost a tournament match in 3 years, giving him an overall record of 501 wins and 12 losses. During the last 3 years, his record reads 249-0.

That's the fellow who is in charge of the 6th annual Intercollegiate Invitational Golf Tournament and the golf coaching clinic. High school and college coaches cannot afford to miss this big Golf Huddle in Houston!

Watch our April issue for an announcement of the Basketball Coaches and Players of the Year from the various regions of the nation.

## COACH & ATHLETE



The Magazine for Coaches, Trainers, Officials and Fans

#### **REGULAR MONTHLY FEATURES:**

- Technical Articles A professional aid to coaches, officials and trainers.
- (2) Feature Stories on High Schools and Colleges Of great interest to administrators, alumni and friends of the school.
- (3) Regional Coverage Monthly reports by outstanding correspondents from eight geographical regions of the nation.
- (4) Miscellaneous Feature Material Appealing to sports fans as well as coaches, officials and players.

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# BASERUNNING

By JACK STALLINGS

Baseball Coach, Wake Forest College



THE SUCCESS of a good, aggressive baserunning game depends on the skill and strategy of the individual baserunner, and not on the coach in the dugout or the base coaches on the field. The coach can plan the strategy for the team and the game, and the base coaches play an important role by reminding the baserunner of the situation of the game and the type of strategy it calls for, and by helping the baserunner at times when he cannot see the play develop. However, the baserunner cannot depend entirely on the coaches, but must know and understand good baserunning strategy and be able to apply the proper strategy to the situation of the game. The baserunner must know what he is doing and why, and not be just a "puppet on a string" who is pulled around the bases by base hits and base coaches.

- I. Know your opponents.
  - A. Make notes on players from year to year and game to game.
  - B. Watch opponents during infield practice and batting practice:
    - Strength of outfielder's throwing arm, speed in charging the ball, speed in getting rid of the ball, accuracy.
    - 2. Second baseman and shortstop double play pivots.
    - Catcher's throwing arm; strength, accuracy, speed in getting it away.
- II. Know the situation.
  - A. Know the number of outs, the inning, the score, etc.
  - B. Check with the base coach on the situation.
  - C. If undecided, call time and check with the umpire or coach.
- III. Figure out the proper strategy before the play develops.
  - A. Think out the strategy and be sure about it.
  - B. Be sure you know the proper strategy to use in that situation:
    - 1. If the score is close:
      - a. With none out, play safe.
      - b. With one out, play aggres-

- sively; keep in mind the strength of the next hitter (with a strong hitter up next the runner will be more conservative); make every effort to reach third base.
- c. With two out, play very aggressively, try to score on any chance; make every effort to reach second base, but do not take great chances to reach third.
- 2. Ahead two or three runs:
  - a. Follow the same general pattern as when the score is close, but on the whole be much more aggressive . . . really put the pressure on the defense.
  - b. If you have a weak pitcher on the mound for you, play a little more conservely and try for the big inning; with a strong pitcher, play aggressively for the one run.
- 3. Ahead six or seven runs:
  - Early in game continue to put pressure on defense, play aggressively.
  - b. Late in game, be more conservative.
- 4. Behind two or three runs:
  - a. Same general pattern as when score is close, but more conservative as a whole.
  - b. If the game is expected to be a low-scoring one, take more chances for the one run early in the game.
  - c. If the game is expected to be a high-scoring one, play safe and try for the big inning.
- 5. Behind several runs:
  - a. Play everything safe and try for a big inning.
  - b. Be sure you can advance safely before attempting
- IV. Look for the signal.

A. Simple signals help the runner

Coach Stallings played varsity baseball at Wake Forest College 1950-52 and then played two seasons of professional baseball in the Boston Red Sox system. Following the 1954 season, he was stricken with polio and had to give up pro ball. He then went back to Wake Forest College in 1955 to finish his education and served as assistant coach of the 1955 NC. AA national championship Wake Forest baseball team. After coaching at University of North Carolina, Hanes High School in Winston-Salem, N. C., he returned to Wake Forest in 1958 as an instructor in Physical Education and assistant baseball coach. This year he was appointed head baseball coach.

- to have confidence in what he is doing.
- B. "Repeat" signal; if a signal is misunderstood, or the player is not sure a signal was given, he should flash the "repeat" signal again . . . the player must be sure he knows he is doing the right thing.
- C. After a base on balls; the player should look for a signal on his way to first base if his team is seated in the first base dugout, he should look for a signal as soon as he touches the base.
- D. After a base hit; the player should look for a signal immediately upon returning to the base after rounding the bag (single, double, or triple), or upon regaining his feet after a slide.
- E. After each pitch; the player should look for a signal as soon as he returns to the base.
- F. Squeeze signal; the batter gets the squeeze signal from the coach and flashes it to the runner on third base, who must answer him . . . otherwise the play is not on. The batter and baserunner can use their own signal.
- G. Hiding intentions; players must hide their intentions while looking for signals and after getting them. Some common tip-offs:

(Continued on Page 32)

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# TEACHING TENNIS STRATEGY

#### By HARRY FOGLEMAN

Tennis Coach . . . University of Cincinnati....

 $S^{\text{TRATEGY}} \ \text{is that part of Tennis} \\ \text{which takes over after one has}$ mastered the proper mechanics of the various strokes. When a tennis player no longer has to "think out" how to make a shot, anymore than he has to stop and think how to walk up or down a flight of stairs, then, and not until then, is he ready for the study of strategy. Once the control of the ball is obtained, he only needs to consider where to hit the ball and why. We are not concerned with the mechanics of the game; for we have often seen unorthodox strokes being applied by a skillful tactician who wins. Therefore, strategy is nothing more than certain plans of action, which experts have found produce the best results.

The development of mental alertness which comes from Tennis is fundamental, because most other sports have their moments of rest; whereas in Tennis, each player is active every moment the ball is in play. A tennis player knows that immediately following the service, he must hit the ball back across the net, which will involve a split second decision as to accuracy, defense or offense, court position, speed, spin and so forth. He must plan his defense at the same time he is making his attack. Defense or offense will frequently influence each other. We must teach the player to adopt definite objectives and to study his opponent's peculiarities for the strategy best suited in the light of his own strength and his opponent's weakness. It is your ability to calculate each shot in a split second situation that is of great importance.

All of us have seen players practice by the hour, usually hitting balls back and forth down the middle of the court. This situation is especially true of many of our younger players. They have little or no conception of strategy; hence, they do not practice the very thing which makes the great players. When we tell tennis players they allow four, five, or six errors for each placement they score, few will believe such odds exist! From twothirds to three-fourths of all points

won in any tennis match are on errors of the opponent.

Therefore, we, as teachers must be able to bring out the errors in an opponent's game, while at the same time cutting down the student's own errors by having a solid defense. One cannot develop this strong defense by the practice of hitting balls down the middle of the court. One must practice deliberately with a purpose. Before you stroke the ball, decide what has to be done. Are you going to attempt to make a defensive shot to keep the ball in play or to get yourself into a more advantageous court position? Are you going to try for a down-the-line passing shot or a lob? You must have a purpose with every shot; go out and practice that purpose.

We must assume that strategy begins with a knowledge of what to practice. Diagram "A" divides a tennis court into four sections numbered "1," "2," "3," and "4."

Two players "a" and "b" can now practice deliberately with a purpose which is to obtain accuracy in varying the depth of their ground strokes. They can hit long deep balls into section "1," medium length balls into section "2," short balls into section "3" and their drop shot and stop volley into section "4." They can learn to vary the length of their ground strokes by practicing many variations of the following examples:

- 1. One-one-three-one
- 2. One-three-one-two
- 3. One-two-one-four

These are basic fundamentals which must be mastered if one has aspirations of becoming a better tennis play-

We have shown in Diagram "A" the simplest method of strategy; that is, learning to vary the depth of the ball. Diagram "B" will advance the tennis player another step in strategy by showing certain areas within the tennis court that should be avoided whenever possible. Diagram "B" shows a "blocked-out" area referred to as "Area 'X.' "

Harry Fogleman, now in his 15th year as a college tennis coach at Duke University, University of Florida and Cincinnati, has a coaching record of 186 wins and 62 losses. He has developed many national ranking players and is in demand as a lecturer at tennis clinics.

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Area "X" is that section which covers the middle of the court, leaving about seven feet along the baseline and both single side lines open for play. It does not cover any of section "4." Area "X" accounts for more tennis matches being lost than any other single item, except your own errors. Area "X" must be avoided once the ball is in play. By studying Diagram "B" we see at once that certain shots must be mastered; such as the down-the-line passing shot, the long cross-court shot, the sharp angle cross-court shot, the long deep shot, drop shot, lob and all the variations of each. Balls hit into Area "X" usually result in your losing the point outright or forcing you into a weak

Diagram "C" combines Diagrams "A" and "B" with the addition of symbols at various areas. The dividing of a tennis court as illustrated by Diagram "C" is especially adapted for College and University Teams and better Junior players. Two players can now practice strategy with a definite pur-

Two players, "a" and "b," take positions in their respective forehand corners, just behind "A-1" position and hit long cross-court forehands from "A-1" to "A-1." They can hit medium length forehand cross-courts from "A-2" to "A-2" or short angle cross-courts from "A-3" to "A-3." Practice hitting variations of these shots such as the following:

1. A-1 to A-3 to A-1 to A-2 2. A-1 to A-1 to A-3 to A-1

The same practices can be made from the backhand corner by hitting to areas marked "C." Leave player "a" in his position behind area "C-1." Now these two players can practice their respective forehands and backhands down-the-line shots by hitting balls of various depth into sections "1," "2,"

Another excellent practice is to place three players on the court as follows: player "a" will be behind the baseline of area "A-1" and will hit to the other two players, "b" and "c," who are behind the opposite baseline. Player "b"

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is behind area "A-1" and player "c" is behind area "C-1." All balls are hit by "b" and "c" to the corner where player "a" is standing, thus player "b" will hit all cross-court shots, player "c" will hit all shots down-the-line and player "a" will be returning both cross-courts and down-the-line shots. Rotate the players every 10 or 15 minutes so that each player can hit all the shots from each position. As an example of the many shots player "a" can hit, have him try the following:

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- Cross court to "A-1," down-the-line to "C-2," cross-court to "A-3," and down-the-line to "C-1."
- Down-the-line to "C-2," cross-court to "A-1," down-the-line to "C-1," and down the middle to "B-1."

Player "a" can move over to his backhand corner and practice another series of strokes from that side. Many combinations of all these various practices will teach you to plan ahead, to move the ball around, to run your opponent, and to learn to hit areas in the court which will bring out the errors in your opponent's game. By using strategy which will force a player deep into one corner ("A-1"), then hitting a short angular shot into the opposite side of the court ("C-3"), you will keep your opponent continuously in motion, thus running him almost twice as far than if he were allowed to stay around the center of his baseline. Learn to bide your time by moving the ball until your opponent makes an error or you force him into making a weak return which will produce a placement or allow you to advance to the net for an easy winning shot.

Much has been written in the past decade about the "big game." Yes, Tennis like most sports has changed; methods of coaching have changed; but, we cannot get away from two basic fundamentals of Tennis: first, get the ball over the net, and second, hit

the ball within the boundaries of the court. Placement of strokes will develop a lasting game and mixed with the net game will always win out. Speed alone will break down with a great strategist; it is confusing to have a ball hit the racket like a thunderbolt one time and like a feather the next time. Interchanging controlled speed with proper strategy is even more confusing because now the opponent has too many variations to contend with; thus creating a situation which soon causes both mental and physical fatigue. A sluggish mental or physical tennis player will make too many errors to win. This controlled speed with proper strategy makes the American style game possible by allowing the advance to the net position. This does not mean rushing to the net with every service or return of service. Wait for the "opening" with a forcing shot or pull the opponent out of position, thus forcing a weak return. In other words, good net play depends upon a forcing shot; a shot that is not intended to gain the point outright, but rather to permit the advancement to the net for the point.

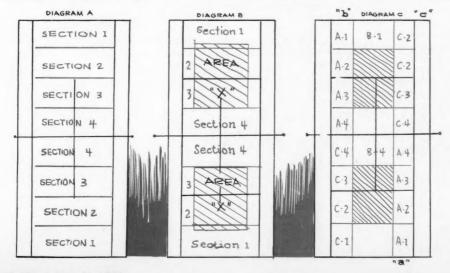
Many players have so-called weaknesses. One big mistake is to "overattack" the opponent's weakness. If, for example, a player has a known weakness, it is not good strategy to play every shot toward this weakness. If such a weakness does exist, your opponent is undoubtedly more keenly aware of it than you are and has most likely prepared for such an attack. If he is an experienced player, he will have a few tricks of his own to offset this handicap, such as, running around a weak backhand and making a better than average forehand stroke; or he may play slightly off center on most shots to cover this weakness. It is wishful thinking to expect to win by merely playing your opponent's weakness continuously, especially since the day has passed when a tournament player can really be considered good and still possess an outstanding defect in his game.

Court surfaces affect your strategy. On clay or fast-drying courts the surface does not lend itself to the aggressive game quite as well as concrete or grass surface. Generally the forcing shot on the slower surface must be a better shot than if it were on the fast surface in order to obtain the same results.

In concluding this article we have only touched lightly on a very broad subject. Strategy could fill a large book; it is really more important than strokes. The most beautifully executed stroke in the world will not win if all the balls go down the middle of the court with no strategy being employed. Listed below are ten statements on strategy which all tennis players should practice.

Strategy is:

- 1. Your ability to calculate each shot in a split second situation.
- Bringing out the errors in your opponent's game, while cutting down on your own.
- 3. Having patience and planning ahead.
- Not over-playing your opponent's weakness.
- Nothing more than certain plans of action and the application of these plans.
- 6. A purpose behind each shot.
- Controlled speed mixed with placement.
- Exercising self-control over your own temperament and shots.
- Anticipating your opponent's shots or moving in the right playing direction.
- 10. The art of concentration.



# RUNNING

#### By GLENN DAHLEM

Winona State College, Minnesota

The oldest form of athletic conditioning is running. The Olympic training methods of classical Greek athletes demonstrates that the value of running was recognized during this period, 3000 to 2500 years ago. The recent popularity afforded the rigorous training procedures of Australian miler Herb Elliott has brought about a resurgent interest in running as a conditioning medium.

Running is a pleasureful form of locomotor movement; small children may be observed running for the sheer joy inherent in this activity. The mature athlete can also achieve this ecstasy of motion which running provides, but he can better do this if the training routine is varied, in keeping with his more developed intellect and motor ability.

In normal running, two distinct stepping actions may be identified, the lead step, and the push-off step. The lead step involves moving the foot forward to contact the ground, and the push-off step uses the ground as a fixed point from which to propel the body forward. Three opposed muscle groups alternate actions in the lead and push-off steps. There is an opposed group for each of the three sections of the limb which act directly in running, the thigh, leg, and foot. The following chart illustrates the role of these muscle groups in running.

Variant forms of running are helpful in development of particular muscle groups, in respect to both strength and limberness, in building the endurance factor, and in improvement of locomotor balance. The following variant forms are discussed and diagrammed here: running backwards, lunge running, accentuated foot running, stiff-legged running, high-kneed running, high-heels running, running up hill, running down hill, running in sand, and running in shallow water.

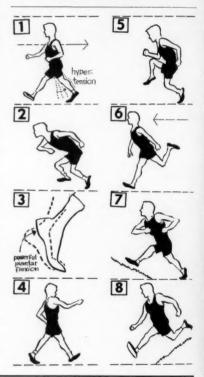
1. Running backwards involves, in the lead step, hyperextension, rather than the flexion of the thighs found in forward running. This tends to stretch the extensors of the thigh, which act in the push-off step of forward running. Running backwards also fosters balance, as it introduces into the athlete's repertoire of skills a seldom experienced locomotor movement. Running backwards as a training activity mixes well with alternate bursts of forward running. It also lends itself to an interesting and beneficial motor activity, the backward race. (Diag. #1)

2. Lunge running is accomplished by taking as large steps as possible. This places a heavy load on the extensors of the legs and thighs, as they must pull the body a farther distance forward per step than in normal stride running. Lunge running is a very strenuous activity. In order to race using lunge running, uniform length steps must be specified among contestants, using a teaching aid such as automobile tires, laid flat on the ground. (See Diag. #2)

3. Accentuated foot running can take place only at a reduced speed, as time must be allowed for a powerful plantar flexion of the ankle and foot against the resistance of the ground, followed by an increased dorsal flexion recovery. This exaggerated foot and ankle action strengthens the contractions of the gastrocnemius, soleus, and peroneus longus, so that their percent of contribution to the total propulsive action of the limb in normal running may be increased. Accentuat-

ed foot running must be practiced at the athlete's desired rate of speed, and hence is not suitable to a race type of activity. (Diag. #3)

(Continued on Page 28)



	LEAD STEP		PUSH-OFF STEP	
	Primary Movers	Action	Primary Movers	Action
THIGH	tensor fasciae latae sartorius pectineus illiopsoas	flexion	gluteus maximus hamstrings adductor magnus	extension
LEG	hamstrings sartorius gracilis	flexion	quadriceps femoris	extension
FOOT (with ankle)	tibialis anterior peroneus tertius extensor digitorum longus	dorsal flexion	gastrocnemius soleus peroneus longus	plantar flexion





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# THE FREE STYLE TAKE-OFF

By M. L. JACOBS

Swimming Coach, Norland High School, Miami, Fla.



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A FEATURE of competitive swimming so often overlooked and relegated to a position of minor consequence is the "take-off." This error appears to be most flagrant at the "age group" and high school levels.

Experience and observation seem to indicate a complacent attitude on the part of the freestylist. The general feeling being any quick coordinated entry is adequate and only serves to act as a preliminary to actual stroking.

In essence the above is true. However in giving consideration to minute, complex stroke technique and turns, we deal with the specifics of swimming — hence the generalizations connected with entry are not consistent with other phases of training, practice, and skill.

The importance of the "take-off" becomes more apparent at the shorter distances, namely the sprints. These events rely upon quick reaction, explosive power, and intense application of force.

In dealing with the sprint swimmer we are involved with a certain physical and psychological type. From the coaches' standpoint the "take-off" must be designed to meet the need of the swimmer according to abilities, make up, and weaknesses. It would be a fallacy to gear the boy or girl to a pattern without first evaluating the above mentioned criteria. Perfection of entry is based upon sound mechanical efficiency nourished by hours of practice, effort and concentration.

At the outset it is a good point to determine physical make-up, height,



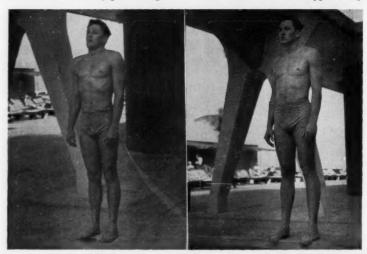
This picture shows rather good hand position. Head a little low. Stomach well retracted. Indicated a possible satisfactory entry.

strength, flexibility and reflex action. Temperament and emotion must also be considered.

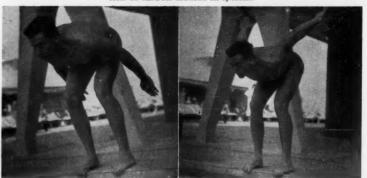
In teaching a well coordinated, mechanically efficient entry, the coach has certain advantages not found in other aspects of the swimmer's training. This would be an unobstructed view of the individual, permitting in-

creased visual ability at detecting and correcting flaws and making minor adjustments. Too often swimmers are content to execute poor entries if the percentage of such "take-offs" are relatively low. To compromise in this situation indicates the freestylist is willing to settle for inferior performance.

The coach has the opportunity to



Swimmer is hyperventilating prior to stepping to the mark. Deep inhalation with emphasis on exhalation, head up, good posture for breathing. This will cause a reduction of carbon dioxide in system.



Position taken at the command "Take your mark." Toes gripping, feet straight. Body is relaxed. Head is up, eyes focused ahead. Indicates mechanical response to command.

Weight evenly distributed.

A popular stance prior to entry. Feet well placed, shoulders in line with hips. Head up. Eyes focused properly. Arms well up, indicates only forward drive at signal. Body weight on balls of feet. Arm height determined by shoulder flexibility.

Another common stance. Arms are held below level of hips prior to drive, Weight well forward on balls of feet. Head up, eyes focused ahead. Shoulders level with hips. From this position arms may be moved forward or in a circular manner.

Coach Jacobs is a graduate of the University of Miami and of the National Red Cross Aquatic School. Before going to Miami-Norland High School, he served as swimming coach at Lincoln High School of Jersey City, New Jersey and at Miami Beach High School. He has had ten years summer camp experience as a Red Cross Swimming instructor.

figuratively take the swimmer apart. From a mechanical standpoint the competitive take-off constitutes a series of partial skills which when coordinated produce a desired result.

These varied parts consist of:

- 1. Hyperventilation
- 2. Position

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- 3. Breath Control
- 4. Awareness and Reaction
- 5. Application of Power
- Coordinated Use of Arms, Legs, and Ankles
- 7. Flight
- 8. Glide Perception and Surfacing

HYPERVENTILATION consists of deep breathing, forced exhalation whereby the carbon dioxide pressure is reduced within the body. This, in conjunction with other chemical responses, will help to delay the onset of muscular fatigue. Good erect posture is necessary in order to facilitate increased efficiency of the oral respiratory pathways. Even after hyperventiation is completed, approximately 30% carbon dioxide remains in the circulatory system.

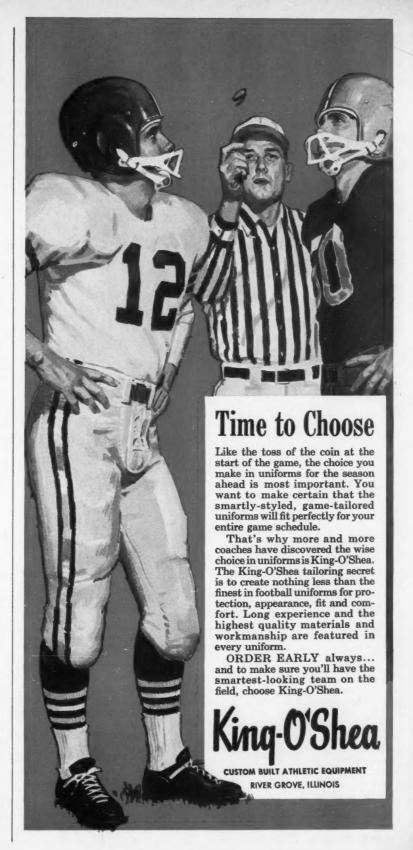
POSITION on the starting box will serve as the foundation of all succeeding mechanical action. This is the basis from which the drive is initiated. The placing of the feet, head position, and trunk flexion are important adjuncts to success.

The swimmer must control his breathing habits rather than being controlled by them. This would dicate the immobilization of the diaphragm just prior to the drive thus establishing better balance in the precarious "set" position. This is accomplished by holding the breath. The swimmer inhales air after leaving the block, and controlled exhalation takes place through the mouth upon entry into the water.

Studies have shown that a person's sense of awareness comes in a series of waves which rise to a peak and fall. The swimmer must be trained to react quickly and precisely. The optimum time a swimmer should be held in the "set" position prior to a given

(Continued on Page 20)

The boy used in the pictures is Jerry Katz now a freshman at the University of Texas. Former high school All-American swimmer at Miami Beach High School. He held both the state high school and A.A.U. 50 yd. freestyle records with respective times of 23.1 and 22.9.

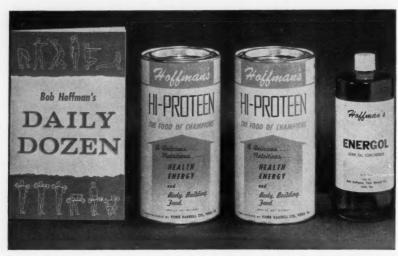


# IF YOU ARE A SUPERMAN

If you are a superman naturally, you can practice your sport and perhaps become a champion. But if you are just an ordinary man to begin, what do you do, just become an ordinary athlete? Or do you do like Olympic champions Bob Richards, Mal Whitfield, Parry O'Brien, Al Oerter or other great champions and record holders Bill Neider, Don Bragg, John Thomas, Billy Cannon, Jackie Jensen, Pete Dawkins, Bob Gutowski, Bob Backus, Frank Stranahan, Dick Cleveland and Al Wiggans, train with York Barbells, the Bob Hoffman way? 16 of the men who won Olympic championships at Melbourne, were Bob Hoffman's boys grown up, boys who started to read Strength & Health magazine and train with York Barbells, when they entered their teens. And almost without exception these men used Hoffman's Hi-Proteen and Energol. The Olympic team, the Pan-American team, the teams which competed all over the world, were supplied with Hoffman nutritional products.

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Pictured here is the Hoffman's Hi-Proteen-Energol-Daily Dozen Bargain Special. Priced at only \$7.50 for a generous month's supply of these two wonderful nutritional products, it is a rare nutritional bargain in today's usual high-cost market for nutritional products.

Start making Hi-Proteen and Energol a regular part of your diet. We are offering bargain combinations to encourage you to benefit from these excellent products. For those who want more strength, muscle and added weight, we offer The Gain Weight Special, two cans of Gain Weight Hi-Proteen, purchased separately, \$3.00 per can; a pint of Energol, enough of both products for a month, and the already world-famous DAILY DOZEN, all for \$10.00. If you want to order Energol separately, it is priced at 8 oz. bottle \$3.00, pint \$5.00, quart \$8.00, gallon \$25.00. You will fill 16 \$3.00 bottles with a gallon. If you don't particularly want to gain weight, just to have super health, more strength, greater endurance, we will send you our Bargain Physical Fitness Special, Hoffman Super Hi-Proteen in both tablet and powder form, pint of Energol, Daily Dozen, for \$10.00. This is the combination which so many of America's greatest athletes have been using to their great advantage. You can purchase these products direct from Bob Hoffman, York Barbell Co., York, Pa., or from a health food store if there is one near you. If we can help you in any way, just make your wishes known.

#### FREE STYLE TAKE-OFF

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signal is 1.5 seconds. Qualities most utilized in this position are balance and concentration. Body weight being forward, head up, with emphasis on reaction to the whistle or gun.

AWARENESS AND REACTION can be improved in a swimmer through practice. I have employed two methods to accomplish this - Have the swimmer execute a series of complete take-offs preceded by different commands with a variance of time between each command. The boy or girl will learn to discriminate, adjust, react and respond. In the second instance I place myself behind the starting box, give necessary commands to the swimmer so as to put him in the "set" position. The drive from the block commences with an unseen tap on the shoulder from behind. The interval of time between succeeding taps may be delayed or quickened so as to produce a sense of uncertainty and anticipation.

APPLICATION OF POWER is synonymous with the sprinter's ability to "explode" off the starting box. To summon strength and power, develop acceleration and velocity within the shortest possible time after receiving the stimulus is an indication of a well trained sprint swimmer. Emotion and temperament are injected here. They serve to trigger the physical being into responsive action. The competitor who is a trifle eager, keen and on edge, will react more rapidly. This is preferred to the placid methodical type. Research has shown that a shorter compact body type will have a faster reaction time as compared to the larger, heavier individual.

IT WOULD BE USELESS to develop the other aspects of an efficient takeoff if there were a lack of coordination between arms and legs. Power and velocity would soon be dissipated. The muscles of the abdomen, lower back and legs serve to generate the force utilized in forward propulsion. This force must be applied in a rhythmical well defined manner flowing from the pelvic area down through the legs and concluding with the complete extension of the ankle joint. The plantar flexors of the ankle are capable of delivering up to 400 lbs. of force. The arms add impetus to the forward momentum and supplement the drive of the legs. It is the responsibility of the legs to furnish power and drive, the arms supply speed and quickness. In training the swimmer it is good practice to complete take-offs from the usual "set" position without use of the arms. I E. The drive, flight, and entry with arms at the side. This places a

burden upon leg action and serves to illustrate their proper function.

THE FLIGHT of the body will determine angle of entry. The more taut and straight the less water resistance and friction.

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Specifically, my own observation and statements are confined to the free-style start. The head held up until just prior to hitting the water, arms outstretched, palms down, stomach retracted, legs straight, toes pointed, these are desired qualities. Angle of entry should be approximately 8 to 10 degrees permitting a knife like entrance into the water. The hands and arms help to break a path for the body as it passes beneath the surface.

GLIDE PERCEPTION AND SUR-FACING entail split timing and judgment. It is vital that the kick and arm stroke commence the instant glide speed is reduced to the equal of swim speed. A controversial issue may arise at this point in regard to the initial action whether the legs commence kicking first, followed by arm stroking or if both are initiated simultaneously. I prefer the latter. This would include the pull of the "strong arm" with a downbeat of the opposite leg to maintain balance. The leg kick should be narrow and increased gradually as forward movement materializes. In conjunction with this the head is elevated by jutting the chin forward, not by lifting the head. At the completion of the first stroke the swimmer breaks surface in an upward and forward trajectory.

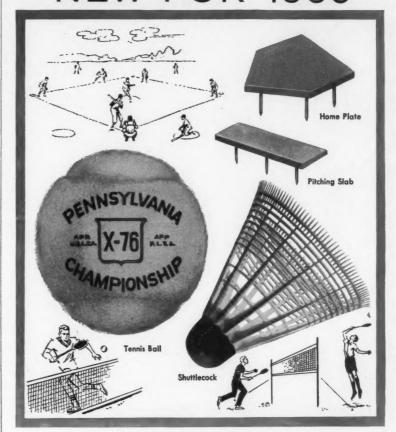
As competitive swimmers seek to lower their racing times perhaps added interest and stress will be placed upon the take-off. Increased study and practice in this skill will help develop better performances. In the last analysis the sum total of any physical action is only as good as the quality of its component parts.



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## JUCO

Bill Shawhan

This month, as during the month of March over the past eleven years, sixteen of the very best junior college basketball teams from the North, South East, and West will move into Hutchinson, Kansas and set up camp in preparation for the Daddy of all junior college cage tourneys, the National Junior College Athletic Association Basketball Tournament. Since its inception in 1955, 111 different colleges, from thirty-one of these United States have entered teams in the junior college cage classic.

The sixteen top teams from the sixteen NJCAA regions will begin first round competition Tuesday, March 15. A total of twenty-six games will be played with the champion being determined in the finals on Saturday night, March 19.

When the tournament comes to town, Hutchinson swells to a bustling, busy little metropolis as the players, coaches, fans, and officials pack the hotels and inns and spill onto the frost covered streets their excited conversation bouncing up and down the thoroughfares, hastened by the invigorating chilly, early spring breezes. University cage coaches arrive on the scene in numbers with the hope of picking up some spark-plug guard, or fancy shooting forward. The NJCAA officials begin arriving Monday, stowing their

bags at favorite hostelries, and making preparations for the Association's first General Assembly, Tuesday morning. The representatives of the various sporting goods manufacturers are all present beginning their public relations work and gently chiding each other about the superiority of one manufacturers goods over another. Members of the local American Legion Post, cosponsors of the Tournament with the Hutchinson Jr. College, dart in and out of the hotels, meeting teams and officials as they arrive and extending the quiet, unassuming courtesy of a group honestly and sincerely interested in boosting their town, their school, junior colleges in general, and above all the fine young men who do the most to make this Tournament possible, the players.

At the tipoff of the first contest of the Tourney, the 8,500 seat Hutchinson Sports Arena will be well-filled and as game after game is completed and the third and fourth rounds approach, the Arena will be jammed to capacity with hundreds of late comers sadly retreating to their autos, accepting the partial pacification of the radio announcers voice as he vigorously describes the play by play.

The final NJCAA coaches poll showed Independence (Kans.) College and Weber College of Ogden, Utah as the co-favorites in the Tourney, but they must first get through their regional tournaments unscathed in order to enter the National. Weber College, led by all-American Allen Holmes, won the National Tournament last year by defeating Bethany Lutheran College of Mankato, Minnesota in the finals. Independence College has dropped only one decision this year and that to a University Frosh team early in the campaign.

Some of the cagers to play in this tourney will undoubtedly continue their athletic careers at major universities and colleges. Some of the more prominent players to have played in the Tournament include Dick Garmaker, now in the NBA, Jim Mudd, as outstanding shooter now at the North Texas State College, the Stanley twins, both starters on the fine Texas A. & M. squad, Allen Holmes, a front liner on Jack Gardner's fine Utah team, Sid Cohen, who rounded out Adolph Rupp's starting five at Kentucky, Wayne Annett, an all-tournament player from last year who is also starting for Texas A. & M., and many others too numerous to mention.

JUCO JOTS: For the third consecutive season, Alfred Tech and Broome Tech (N.Y.) have tied in the standings of the Empire State Basketball Conference. This time, as happened two yars ago, they tied for the Championship. The only defeat suffered by each all season was to one another. . . . The first National Junior College Athletic Association Invitational Wrestling Tournament was held early this month at State University's Institute at Farmingdale, New York. There were ten teams, from Colorado, Maryland, and New York entered in the event.... Two Junior college coeds have invaded the all-male ranks of swimming teams in the Michigan Junior College Conference. Miss Margo Newcombe is competing for Bay City College and Miss Lucy Fomenko is playing mermaid for the Dearborn College finners. . . . The National Junior College Baseball Tournament will be held again this year in Grand Junction, Colorado, MAY 19-22. . . . The Bethany College Vikings of Mankato, Minnesota had a string of 16 straight home conference victories snapped earlier this season when the Blue Jays of Worthington College pulled the upset of the season and waltzed off with the decision, 88-80. . . . Kay Tolen, Moberly Junior College's leading scorer last year, is averaging 19.3 points a game at Texas Western of El Paso. . . . Versatile Larry Washington, former Edwardsville, Illinois cager, has cracked the 1,000 point mark over a two year period of junior college competition at Lincoln (Ill.) College. .

#### TOUR TO OLYMPIC GAMES

Main tour departs New York August 18 and returns from Rome September 1. Two days in Lisbon. Two days in Madrid. Nine days in Rome during which there will be a two day tour to Pompeii, Amalfi, and Sorrento.

Extension tour September 1 visiting Florence, Venice, Milan, Lucerne, Paris, and London returning to New York September 18 from London.

For those desiring to visit the Passion Play there will be an opportunity to do so from Lucerne provided tickets are available.

Main tour price \$950.00. Extension tour \$425.00.

Tour Hosts: Tom McDonough; Director Athletics, Emory University.

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For additional information write Dr. Tom McDonough, Athletic Department, Emory University, Emory University, Georgia Nur

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125 GENUINE AUTOGRAPHED LOUISVILLE SLUGGER—POWERIZED. Natural ash white finish. Turned from choice, open-air-seasoned white ash. Genuine autographed models of the twenty sluggers listed below comprise the No. 125 line. An assortment of not fewer than six different models is guaranteed to each carton. Shipping weight, 27 pounds. Ecch \$4.60

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MODELS: Henry Agron Richie Ashburn Ernie Banks Yogi Berra

Orlando Cepeda Bob Cerv Rocky Colavito Joe Cunningham

Nelson Fox Al Kaline Harmon Killebrew Ted Kluszewski

Harvey Kuenn Mickey Mantle Ed Mathews Jackie Robinson

125\$ SPECIAL AUTOGRAPHED LOUISVILLE SLUGGER—POWERIZED. (Not illustrated). Quality and finish identical to No. 125 above, but turned to slightly smaller dimensions for the particular requirements of High School, Prep School, Babe Ruth League, Pony Baseball, and other teen-age players. Listed below are the autographed models in the 125\$ group. An assortment of not fewer than six different models is guaranteed to each carton of one dozen. Packed 4/32", 5/33", and 3/34" bats in each carton. Shipping weight, 24 pounds.

MODELS:

Henry Aaron Richie Ashburn Yogi Berra

Rocky Colavito Al Kaline Harmon Killebrew

Harvey Kuenn Mickey Mantle Ed Mathews

Jackie Robinson Duke Snider Ted Williams

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125 EBONY FINISH—GENUINE AUTOGRAPHED LOUISVILLE SLUGGER—POWERIZED. Turned from choice, open-air-seasoned timber. Rich ebony finish with gold branding. Six different models are guaranteed to each carton of one dozen. Packed 4/33", 5/34", and 3/35" bats in each carton. Shipping each 54.60 Each 54.6



Grand Stam

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140S SPECIAL POWER DRIVE. Natural white finish. Turned from fine white ash. Patterned after the original models of the famous sluggers whose names they bear, but turned to slightly smaller specifications for the particular requirements of High School, Prep School, Babe Ruth League, Pony Baseball, and other teen-age players. Six different models guaranteed to each carton of one dozen. Assorted lengths 32" to 34"; shipping weight, 25 pounds. Each \$3.10"

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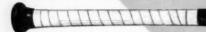
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125BB GENUINE AUTOGRAPHED LITTLE LEAGUE LOUISVILLE SLUGGER—EBONY FINISH. Large-size junior bat. Turned from select open-air-seasoned timber. Imprinted white tape grip. Autographs of Henry Agron, Yogi Berra, Rocky Colavito, Nelson Fox, Mickey Mantie, and Ted Williams. Lengths, 3/29", 4/30", 3/31", and 2/32" bats in each carton. Shipping weight, 22 pounds

Each \$3.10







125J GENUINE AUTOGRAPHED LITTLE LEAGUE LOUISVILLE SLUGGER. Medium-size junior bat. Turned from select open-air-seasoned ash. Approximately half of the 125J bats have natural finish as shown above; the other half have an ebony finish. Autographs of Henry Acron, Yogi Berra, Rocky Colavito, Nelson Fox, Mickey Mantle, and Ted Williams. Lengths 3/29", 4/30", 3/31", and 2/32". Shipping weight, 20 pounds. Each \$2.70



Little League

JL LITTLE LEAGUE "It's a Louisville." Large-size junior bat with two-tone black barrel and white handle finish. Each bat contains the name of one of these famous hitters: Henry Aaron, Yogi Berra, Rocky Colavito, Nelson Fox, Mickey Mantle, and Ted Williams. Lengths 29" to 32". Shipping weight, 21 pounds.



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Louisville Slugger SOFTBALL MODEL 1

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54L "'It's a Louisville" OFFICIAL GIRLS' MODEL. Natural white finish ash with blue zapon grip. One dozen in carton, 33" length; shipping weight, 19 pounds. Each \$2.20





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rishir: style 7845. 10p quanty cotton, full cut, ribbed form-fitting neck. WHITE ONLY. Sizes: S-M-L.

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#### RUNNING

(Continued from Page 16)

4. Stiff-legged running is amusing to observe; the athlete moves forward rapidly without bending his knees. The purpose of stiff-legged running is to cause a rapid sequence of flexion and extension of the thighs, which must be fast to prevent the feet from dragging. It is therefore a conditioner of the muscle groups controlling the thighs. As "cheating" (bending knees) is very obvious, stiff-legged running is suitable for short race type activities of a humorous nature. (Diag. #4)

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- 5. High-kneed running is intended chiefly to stretch the flexors of the thighs, as the knees are brought as close to the chest as possible during forward locomotion, thus decreasing the angle between thigh and trunk much more than in a normal gait. As speed forward is not important in high-kneed running, it is not suitable to races. (Diag. #5)
- 6. High-heels running brings the heels as close to the buttock as possible during flexion of the leg, thus stretching the flexors more than in normal running. It also causes variations from normal running in timing and coordination, thus stimulating quick contractions, as the foot must be returned a greater distance to be planted in the proper place for the subsequent push-off step. High-heels running is not suited to race type activities. (Diag. #6)
- 7. Running up hill can be used very effectively to bring the overload principle into running. The steeper the slope, the greater the resistance, especially in the push-off step. By increasing the degree of slope, distance, and speed, as an athlete rounds into condition, a coach can foster increase of the three important muscle qualities: strength, endurance, and quickness of contraction. Running up hill is

Glenn C. Dahlem was graduated from Edgewood High School, in Madison, Wisconsin, in 1952. He was graduated from the University of Wisconsin, in Madison, in 1955, with a major in Geography, and did some graduate work in this field following graduation.

Dahlem experienced a change in vocational plans after graduation, and decided to pursue a career in teaching and coaching. Consequently, he studied Physical Education at Wisconsin State College, La Crosse, for one year, and is currently completing work on a Masters Degree in Education at Winona State College, Winona, Minnesota.

an excellent conditioner, and lends itself very well to races. (Diag. #7)

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8. Running down hill allows the athlete to take stock of his form, as less exertion is needed to bring about top or near top speed. It is thus possible to concentrate more easily on elimination of the bounce factor, breath control, and stride. Downhill running mixes well with other forms of running, as it provides a "rest without stopping." Although it is suitable to races, little is gained from them. (Diag. #8)



9. Running in sand is an old standby for conditioning, as the "give" factor of the sandy ground forces the extensors to push harder to achieve the same speed as on a hard surface. Running in sand is excellent for race type activities. (Diag. #9)



10. Running in shallow water is another means of applying the over-load principle to running. This is accomplished by increasing the depth as one's condition improves. It also has the advantage of providing resistance for the flexing, or leading movements, as well as the extending, or push-off steps. Running in shallow water is suitable to races, especially when combined with aquatic activities. (Diag. #10)

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# KAY COLEMAN

Abilene Christian College

One of the most athletic girls on Abilene Christian College's campus is the very attractive Kay Coleman of Atlanta, Georgia.

In keeping with the trend of an athletic family, Kay is as athletic as her father, Tonto Coleman, assistant athletic director and defensive end coach at Georgia Tech. Her dad is also a graduate of Abilene Christian College and a former head football coach at his alma mater.

While in high school in Atlanta, Kay won several swim meets and participated in all high school activities requiring any athletic ability at all.

As a sophomore at Abilene Christian College, she is active on the volleyball, badminton and tennis teams. Her other extra-curricular activities include such honors as being a member of Delta Theta, social club for women; Kitten Klub, selected coeds who wear the school colors of purple and white and cheer at each game; a member of the OPTIMIST staff, student newspaper and, of course, she is sports editor for the PRICK-LY PEAR yearbook.

Need we mention that Kay is 5 feet, 6½ inches tall, has beautiful brown hair and green eyes to set off her suntan which she retained from last summer, and is majoring in speech and minoring in psychology.





# FRONT COVER PHOTO COACH HARRY FOGLEMAN and CARL HAGBERG

**University of Cincinnati** 

HARRY FOGLEMAN is starting his fifteenth year as a college tennis coach at the University of Cincinnati. Harry is a graduate of Duke University where he stayed on to teach physical education and coached tennis for seven years before entering World War II. After the war, he returned to coaching at the University of Florida where he also obtained his master's degree in physical education. His overall coaching record for 14 years of college coaching is 186 wins and 62 losses for a percentage of 750%. During the past 20 years, Harry has developed many national ranking players, both boys and girls, several of whom have won national championships in various divisions of play. He has also conducted hundreds of tennis clinics and was one of the instructors at the first organized USLTA Tennis Clinic in the United States

Carl Hagberg is a five-year co-op student at the University of Cincinnati in chemical engineering where he has maintained a 2.65 average in a 3 point system. He is a member of Phi Delta Theta fraternity, Sigma Sigma and other campus organizations. He is captain of the 1960 tennis team and has been a member of the tennis squad each year.

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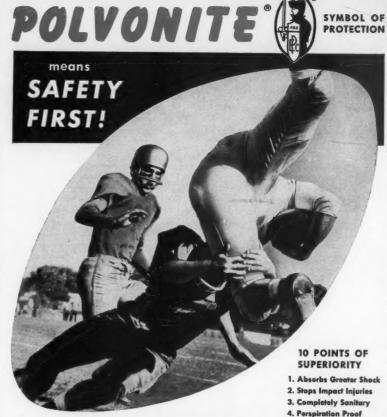
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The author has drawn on his vast personal contacts and almost a quarter century of sports broadcasting, and he has included a section devoted to some of his own broadcasting experiences.

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#### BASERUNNING

(Continued from Page 12)

- 1. Grabbing dirt in both hands.
- 2. Looking at next base.
- 3. Nodding head unconsciously.
- 4. Looking away from the coach too quickly.
- V. Individual strategy for baserunning situations.
  - A. Steal; the steal signal is not a command to steal, but permission to steal if the runner thinks he can make it. If the runners does not get a good lead or jump, he should not attempt the steal, but look for a signal on the next pitch.
  - B. "Continuous steal"; this signal gives the runner permission to steal at any time during that situation when he can get a good lead and jump. When the situation changes, the signal can be rubbed off.
  - C. Double steal;
    - Runners on first and third

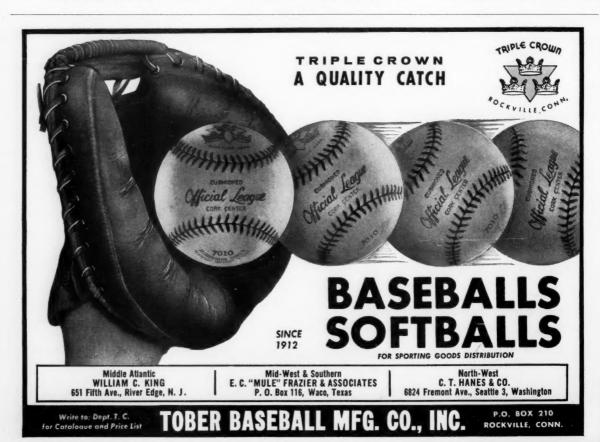
       the runner on first should go if at all possible, may even cut down on his lead a little to be leaning the right way. About half-way to second look back to see

the defensive play of the catcher:

- a. If throw is not to second base, go in standing up.
- b. If throw is to second base, but runner has it beaten, slide into the base.
- c. If throw is to second and will get the runner, stop and get in a run-down.
- Runners on first and second; second and third:
  - a. Front man gets a good lead and jump and goes; otherwise he does not make the attempt.
  - Rear runner watches front man for first few steps to make sure he goes.
- D. Hit-and-run; the runner on first has less choice than on any other signal; the runner is obligated to go if he has any sort of a jump at all, since the batter is swinging to protect him. The runner can shorten his lead to be leaning the right way.
- F. Run-and-hit; the strategy is the same as on the steal, except the runner should glance back to see if the ball has been hit.
- F. Fly balls; (less than two out)
  1. Runner on first base; the

runner should go as far as possible towards second and still be able to beat a throw back to first...he will not be able to go too far on a ball hit to right field, but can often go all the way to second base on a ball hit to left or left-center field. In that case, runner puts his right foot on the bag and his left foot towards third base to wait to see if the ball will be caught.

- Runner on second base; with none out, he should tag up and advance to third if at all possible . . . with one out, be more conservative in tagging up.
- 3. Runner on third base; runner should review the situation with the base coach . . . tag up on all fly balls and line drives. With none out, do not try to score on a fly ball unless it is very deep and the chances of making it to home are real good; with one out, he should take more of a chance to score on a fly ball.
- G. Ground balls:
  - 1. Runner on first base; runner



tries to get as big a lead as possible and a good jump on a ground ball to beat a force play at second or break up the double play. With runners on first and second, the runner watches the pitcher with the base coach watching the defensive man to allow the runner to get an even bigger lead.

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- 2. Runner on second base; the runner watches the pitcher and the third base coach watches the shortstop and second baseman. The runner should advance to third on all ground balls hit straight at him and to his left; he must hold up on balls hit to his right to be sure they go by the third baseman and the shortstop. He must also hold up on ground balls hit to the third baseman with two outs, to avoid being tagged for the easy out. An exception to these last two situations would be a slowhit ball that would be fielded well in on the grass.
- 3. Runner on third base: the runner must first review the game situation to be sure he understands the strategy necessary. Next he should check the infielders to see where they are playing. The runner should take a "walking lead" towards home in foul territory by a foot or so, and be leaning towards home when the ball passes the plate. With none out, the runner should attempt to score only if the ball goes through the infield or is a very slo-hit ball with the infielders very deep . . . take no chances. With one out, the runner should get a good lead and attempt to score on any slow-hit ground ball that is not straight at the pitcher; if the throw has you beaten (often the runner can see the throw coming in from the right side) stop and get in a run-down to allow the batter to go to second base. If infielders are deep, score a hard-hit ground ball to them. With runners on first and third and less than two out, runner on third must try to score on any hard-hit ground ball that could be a doubleplay.



Coach Toby Greene (center), baseball coach at Oklahoma State University, receives the Hanna Award, emblematic of the Baseball Coach of the Year. At left is Robert Hanna, president of Hanna Manufacturing Company who annually donates the award and Johnny Broadnax, sales manager for Hanna. Selection of Coach of the Year is made by the American Association of Collegiate Baseball Coaches and formal presentation is made at the annual banquet.

— Mami-Metro News Bureau Photo

Editor's Note: Our April issue will carry an article on Indoor Baseball Drills written by Leo S. Schrall, Baseball Coach at Bradley University. Since Bradley does not have a fieldhouse, they do their early training on the basketball court and Coach Schrall has had many requests for his indoor drills.

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# POP WARNER CONFERENCE



# KID PUBLICITY

By REGGIE BEAUCHAMP

Philadelphia Evening Bulletin Newspaperman

AND ADVISOR TO NATIONAL POP WARNER CONFERENCE



JOE TOMLIN Founder of Pop Warner Conference

FOR THE PAST twelve years it has been my privilege to observe the reactions of both parents and youngsters - especially successful little athletes - when they are confronted with the spotlight of publicity. The young people, for the most part, react admirably to their responsibilities. Kids are aware of the impor-

tance of team-type thinking and, generally speaking, do not become overwhelmed by self-importance.

On observing parents of these stars over the years I have found that ninety-five percent of them take the interlude of the spotlight on their sons as just a nice plus in their lives.

Unfortunately, the small percentage that react differently constitute our big problem. The parents, especially the father, many times feel that he has become a big time manager of top talent and makes it his business to talk to very key people, sports writers and coaches as example, and in general gathers a big head of steam in connection with his offspring. The great danger in this, in a few cases, is that it rubs off on the innocent boy and he becomes extremely difficult to

In our newspaper experience in dealing with the champions of the Catholic, Private and Public Leagues in Greater Philadelphia area, we have found over the years a great team feeling. The annual get-together of these boys and their parents at a midtown banquet hall proves to us at the Philadelphia Bulletin that the spotlight of publicity does not in any way warp or change the thinking of most young people.

As a parent of three teenagers, one of whom recently shared in a Pop Warner football bowl game, I have had a perfect opportunity to observe the Father and Son in action. I was tempted many times to go overboard in trying to load on already overburdened shoulders, additional ideas of how to behave like a star. The boy, at thirteen, amazed me by his insistence on clinging to the team idea. I felt the temptation many times to see what I could do to bring out whatever

good qualities the boy had in a more effectual manner.

I found myself reaching for the Sports Page with more than average anticipation, to see what was said about "my boy". I developed considerable anger when I found his name had inadvertently been omitted from a list in a weekly paper. The boy's comment was, "So what! I am still on the team and I am supposed to be a pretty good defensive right end."

After his big "bowl" moment in Florida, his main conversation was about the stand-out player of the entire game, who, incidentally, was on the opposing team.

The most important points that I could name in connection with kid publicity are:

- 1. Never criticize a youngster for a mistake - and definitely, never in in front of his fellow teammates.
- 2. Try to pick out the good things and definitely, tell your boy about them. Why keep them hidden from him?
- 3. Always encourage, regardless of outcome of game. A kind word is sometimes more valuable to a boy than a home run which everyone ignores.
- 4. Try to impress the boys to do their best - win, lose or draw. The difference between success and stagnation is one of motion - of allout effort.
- 5. Parents should let the boy and coaches strictly alone. Intelligent coaches avoid undue publicity to their charges so don't blame coaches if your kid's names are missing in the local newspaper after the game.
- 6. Above all, when giving awards, keep them in proportion to age and program, and hold down the value of such awards.

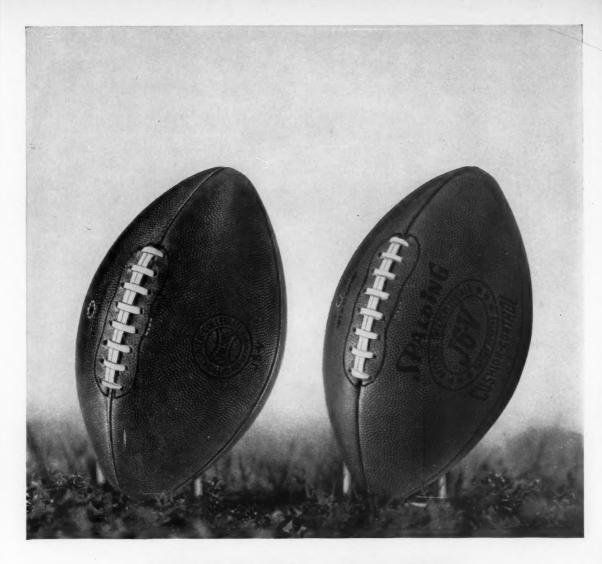
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# **PACIFIC COAST**

#### By BILL SHAWHAN

#### NCAA FINALS IN SAN FRANCISCO

The agenda for the National Collegiate basketball championships has as its highlights the biggest field ever and a new championship site. The 22-year old tournament will have a field of 26 teams—two more than last year—and for the first time in history the championship finals will be played in San Francisco.

In picking San Francisco's Cow Palace, with a seating capacity of 15,000, for the title games, March 18-19, the sponsoring National Collegiate Athletic Association adhered to the principal that a truly national championship series cannot be properly conducted as the property of any city or section of the country.

San Francisco will be the seventh city to play host to the finals, while segments of the tourney have been shared by 32 different communities, 28 of them in the last seven years. It will mark the third time the title has been decided on the West Coast. The last time was in 1952 at Seattle.

PACIFIC PITCHES: The 20th annual

Los Angeles Coliseum Relays will be held Friday nite, May 20, 1960. The Relays, often termed the "Rose Bowl of Track and Field," have played to almost 700,000 fans in 19 years. There will be 23 events on this year's slate with the world's finest athletes from abroad joining America's top individual performers and relay teams. . . . Charley Dumas, first high jumper in the world to go 7' and now a senior at the University of Southern California, has finally regained his form and is now ready to battle John Thomas for the world high jump supremacy. . . Herb Elliott has accepted an invitation to run in the 21st Compton Invitational, in Compton, California, June 3. . . . Tournament of Roses officials are dry eyed over the prospect of the Big Ten refusing to renew the Rose Bowl pact. Says Lathrop Leishman, veteran chairman of the football committee, "It will not hurt our game if the Big Ten refuses to renew the contract. As a mat-

ter of fact, if the Big Ten votes against

the pact, it will give the West a broad-

er base for selection of opponents."... WE PREDICT THAT USC WILL EASILY OUTDISTANCE THE FIELD AND BECOME THE 1960 NCAA TRACK AND FIELD CHAMPION. . . . New Trojan grid mentor Johnny McKay had this to say recently about his plans for the 1960 USC football machine. "We will continue with the power winged T that we started here last fall but there will be more wide stuff - split ends and flankers - and more passing. You win with your weapon but we have to loosen up that defense. McKay figures that by balancing the different phases of his offense he can increase the effectiveness of both the passing and rushing game. BEARS GIRD FOR TITLE DEFENSE

The writers and coaches persist in placing Ohio State and Cincinnati above the California Golden Bears in the weekly cage polls but the Bearcats and Buckeyes will be forced to prove their superiority in actual combat before the vast majority of college cage fans on the Pacific Coast will accept any such nonsense and, although somewhat prejudiced, we, too, must stick with the home team.

The Bears have got to be the best defensive club in the country. Several coaches, including Phil Woolpert, who had several fine teams at the Univer-

(Continued on page 45)

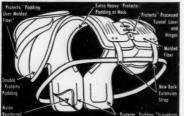
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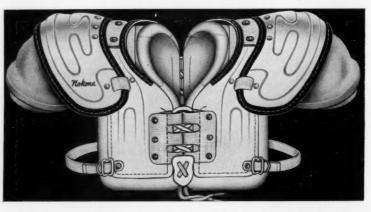
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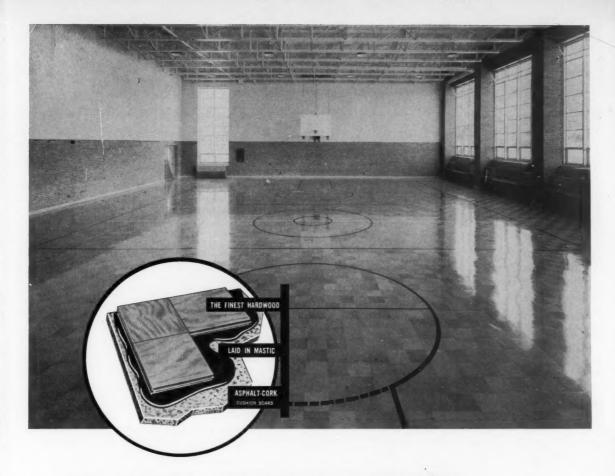




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### THE EAST



**IRVING T. MARSH** 

**New York Herald Tribune** 

#### COLLEGIATE ICE HOCKEY CHAMPIONSHIP

THE NATIONAL COLLEGIATE hockey championship, with four teams — two from the East and two from the West — competing, was scheduled for New England for the first time in its history this year and although the tournament had not yet been held as this was written, it became obvious weeks before the play was scheduled to begin that the N.C.A.A. had made a wise choice.

For New England, and particularly Boston, where the tournament was to be held, is going gaga about college hockey (Boston also has been a hotbed of the ice sport, but heretofore the pros had claimed the greatest attention). The annual Beanpot Tournament, with Harvard, Boston College, Boston U. and Northeastern entered, drew crowds of 10,000 plus each night it was held. Boston U. is the sponsor of the championship, slated for March 17-19.

Could be that this year's N.C.A.A. hockey championship will produce a record crowd.

Vic Obeck, the new or comparatively new, athletic director at N.Y.U., is determined to make athletics at New York's largest institution of higher education hum. He is currently studying the possibility of putting a varsity crew into intercollegiate competition.

Early this month he issued a call for students who would be interested in such an undertaking.

"There are many factors to weigh in such an undertaking," he said the other day, "such as budget, facilities and coaching staff. At the base of every consideration, however, is student interest. If the response to my query reflects enthusiasm, we will be encouraged to move forward."

If crew returns to N.Y.U., it would be a continuation of Obeck's program to increase the number of sports in which students may participate at the intercollegiate level. He reinstituted soccer in 1958, his first year there, on an informal or club basis and last fall fielded a varsity team. He also hopes to institute lacrosse and gymnastics shortly.

N.Y.U. had a crew for several seasons in the early years of this century. The first intercollegiate race in which a Violet crew participated took place on the Harlem River in May of 1902.

The opponent originally was to be Columbia's junior varsity, but the rapid development of the N.Y.U. eight in practice led to a decision to take on the Columbia varsity instead. The crews raced a downstream course of one and a half miles, with Columbia winning by half a length in 7 minutes 48 seconds.

ODDS AND ENDS - Cornell entered a varsity hockey team for the first time this year in the Ivy Hockey League and, like all first-time contenders, the Big Red didn't do very well against such experienced hockey powers as Dartmouth, Yale, Princeton, et al. But it can definitely be guaranteed that things are going to be better next year. The Cornell freshman team won its first ten games in a row . . . Baseball's already in the Eastern air: Penn State has announced that its 1960 team will play four double-headers this season — with Syracuse, Colgate, Pittsburgh and Georgetown . . . And St. John's, which won the Metropolitan Collegiate Baseball Conference crown a year ago, will include a night game on its 23-game schedule. The arclight contest, believed to be the first ever held in regular season conference play, will be played against Hofstra in Rockville Center, L. I. . . . Little Elizabethtown College, 1959 soccer champion of the Middle Atlantic Conference, placed three men on the all-conference first team and two on the second. The first team selectees included Warner Cheeks, fullback; Elwood Kerkeslager, halfback, and Carroll Hershey, line. The second team nominees were Bill Hoar and Manual Tejeda, both line. Temple and LaSalle each placed two on the first team, while remaining berths were filled with representatives from Lehigh, St. Joseph's, Rutgers and Washington College . . . Paul Choquette, Brown University's fine fullback for three seasons and a winner of a National Football Foundation scholar-athlete award, has added another honor to his dossier. He was named Rhode Island athlete of 1959 by Words Unlimited, an organization of Rhode Island writers and sportscasters, at its annual sports awards dinner.

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NOMENCLATURE — Mark Du-Mars, Penn State's high-scoring backcourt ace, is a man of many nicknames.

In two seasons of varsity play, Du-Mars has been tagged Mark the Magician, Mark the Spark, and Mighty Mark. The 5-10 junior, currently the nation's No. 15 scorer, is sure to pick up a couple more labels before his Penn State career ends.

DuMars has been collecting fancy nicknames ever since he led Sharon High School to the Pennsylvania Class A championship three years ago.

"I never know who I'll be in tomorrow's newspaper," says DuMars, "and furthermore, it doesn't matter. I'll start to worry when they don't call me anything."

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# ROCKY MOUNTAINS

**DURRELL "QUIG" NIELSEN** 

#### **NEW WESTERN CONFERENCE?**

HOTTEST RUMOR running rampant through the Rocky Mountain country these days is the possibility of a new conference being formed from three northwest institutions, former members of the old Pacific Coast Conference, four Skyline Conference schools, and two Border league universities.

Oregon, Oregon State and Washington State from the old PCC, Utah, Brigham Young, Wyoming and New Mexico from the Skyline and Arizona and Arizona State from the Border are the institutions involved although at this writing all that is admitted is that confidential meetings were held during the recent NCAA sessions in New York.

At one quick glance it is easy to understand why Arizona and Arizona State would like to align themselves with a stronger conference than the Border. And these two Arizona universities are nice plums for any conference to grab. However, it becomes increasingly difficult to understand why the Arizona schools would be interested in a league that goes way up north to Oregon country. It seems that transportation costs of moving teams around would more than outweigh any possible advantages of having the Oregon schools and Washington State in the same league with the southwest schools.

In seven home games during the '59 season Arizona State averaged 25,671 patrons and the University of Arizona in six home games averaged 20,522. These averages far exceed anything the Skyline has to offer including the University of Utah who, in five home games, averaged 15,262.

But the University of Oregon came up with a last season average for six home games of 22,487. Oregon State averaged nearly 16,000 for four home games and Washington State about 20,000 for three home park affairs. So from a gate draw in football the three northwest schools and the two Arizona institutions would make football a paying proposition which it certainly isn't in many of the Skyline schools at present.

It is apparent that something is in the offing since the Skyline committee for naming a new commissioner to succeed Dick Romney has been slow to act although last December the word was out that the appointment would be made within 30 days. Perhaps the top candidates for the post are not too interested in taking over a job in a league that is about ready to break up.

Young Johnny Evans' Idaho State College basketball team keeps rolling right along compiling a fine won-lost record and at this writing boasts the longest winning streak in major college hoop circles. At mid-February Idaho State had won 18 and lost only 3 and was out-performing all opponents. From a statistical viewpoint the Bengal stars led their opponents by a comfortable margin in field goals and free throws and were averaging 5.2 more rebounds per game. Then to top it off the team had less personal fouls.

Spearheading the Idaho State attack is senior forward Myrl Goodwin, a strong contender for all-conference honors and a candidate for the college all-star team which will compete in the U. S. Olympic trials in Denver in the spring. Goodwin is whipping up an average of 16.6 points per game.

Credit boxing coach, Milton (Dubby) Holt, with building up the interest and enthusiasm for the ring sport in the southern Idaho circles. With the Western U.S. Regional Olympic boxing tourney slated for the Idaho State campus on April 21, 22 and 23rd, tickets are moving at a brisk clip already. The tourney will bring together top amateurs from all over the west and Hawaii competing for a chance to make the U.S. Olympic team.

The mortality rate of undefeated frosh basketeers at Brigham Young University is unusually high. Only one survivor of the 1956-57 crown-winning freshmen club is on the Cougar varsity. He is Valoy Eaton, one of the mainstays of the BYU five this season. Where are the others? Well, three of the starters

are on missions for the LDS Church, others are in the service and a few failed to make their grades.

Hoyt Brawner, Denver University's likeable hoop coach, got the tough luck slip this season in the Skyline. When the season was ready to open Brawner and his Denver University Pioneers were considered strong contenders for the title. Then veteran George DeRoos was declared ineligible and 6-7 Bob Grinstead, D.U.'s big man, suffered a severe injury that took him out for the season. D.U. still is a formidable ball club but with these two losses lacked the push to make them championship timber.

Denver's great hoop star, Jim Peay joined the select circle and became the fourth player in D.U. hoop history to score 1000 points or more in his career. Peay passed the coveted number in mid season and joins Dick Brott, Jack Hauser and Dale Toft as the only Pioneers to have turned the trick.

Idaho State was honored when Tom O'Riordan, top distance running star, was invited to participate in the Knights of Columbus Games in Madison Square Garden. His coach, Milton (Dubby) Holt labels him as one of the finest studentathletes to attend Idaho State because of his serious attention to studies, team spirit and physical conditioning. He serves as junior class vice president and has already earned one academic scholarship.

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## ATLANTIC COAST

**JACK HORNER** 

The Durham Herald

CLEMSON COACH Press Maravich hopes to receive some basketball help from his own family in the not too distant future.

Maravich's son Ronnie established an all-time one-game scoring record at Clemson's Daniel High School the past season when he scored 37 points in a single contest. Press also has a basketball-playing son in junior high school.

One of the greatest freshman cage prospects to show in the seven-year-old Atlantic Coast Conference is Art Heyman, Jr., 18-year-old from Rockeville Centre, N. Y. He averaged 30 points for Duke's Blue Imps and set a new school freshman scoring record by pumping in 47 points against Camp Gordon (Ga.) Flyers. Coach Vic Bubas expects Heyman to be a starter for the Duke varsity next season.

Three of the four visiting teams have been chosen for the three-day Dixie Classic at Raleigh, N. C., next December 29-30-31. Villanova, Wyoming, Marquette and one more outside school will compete with North Carolina, Duke, Wake Forest and N. C. State in the 12th annual holiday basketball tournament founded by Everett Case. It drew 73,300 fans in three days last December when Wake Forest defeated North Carolina, 53-50, in the championship finals.

Thirty-three-year-old Norman Sloan, one of the most successful young college cage coaches in the country, has succeeded John Mauer at University of Florida. Sloan, native of Anderson, Ind., played under Everett Case at N. C. State. In four years at Presbyterian College at Clinton (S. C.) he directed his charges to 70 victories and 30 losses in his first coaching job.

After a year as an sasistant under Dr. Gene Lambert, present Alabama coach, at Memphis State College, Sloan went to The Citadel, where his Bulldogs had a 15-8 record the past season. The Citadel had won only two games

the year before Sloan's arrival in 1956-57, and his first team had an 11-14 mark. In four years at the Charleston (S. C.) institution, he compiled an overall 57-48 record and was runnerup to powerful West Virginia in the finals of the Southern Conference tournament in 1959.

MARYLAND, rounding out its fourth season of varsity swimming competition, swept the team title with a 7-0 season mark and wrapped up individual honors by winning six gold medals in the annual ACC swimming and diving championships. Duke and N. C. State won four apiece and North Carolina two.

The individual star of the meet was N. C. State's sophomore Robin Best, civil engineering major from Bethesda, Md. He won the 250-yard, the 500-yard and the 1,500 meter freestyle events.

After finishing runnerup to Virginia Tech during the regular season, West Virginia's Mountaineers bowled over the Gobblers, 82-72, in the finals of the Southern Conference tournament to win their sixth consecutive loop crown. They didn't meet during the season.

When All America Jerry West fouled out with 12 and one-half minutes to play in the titular game, West Virginia led only 49-48. But unsung senior Jim Warren took up where West left off and banged in 20 valuable points to help break Virginia Tech's back.

Virginia Military Institute's Keydets captured the Southern Conference indoor track championship for the third straight year, beating out runnerup Citadel in the annual meet at Lexington, Va. Only loop record to fall saw Furman's Ken Garrett throw the shot 53 feet, 8% inches.

When Maryland defeated Duke at Durham this past basketball season, it marked the first time Coach Bud Millikan had enjoyed the taste of victory in Duke Indoor Stadium since going to

-

Maryland 10 years ago. His Terrapins had lost nine in a row there.

Everett Case's fourth annual basketball school for boys will be held over a three-week period, June 5-24, inclusive, at Raleigh, N. C., and the N. C. State mentor expects another capacity enrollment of over 500 youths. A total of 531 boys signed up last year. There are three age groups—9-11, 12-14 and 15 years old and over.

Two Atlantic Coast Conference sports publicity directors have resigned to enter other fields. **Don Barton** of South Carolina plans to join an advertising and public relations firm at Columbia, S. C., while **Bill Hensley** of N. C. State goes to Charlotte, N. C., April 1, to do public relations work in the banking business. Both are highly capable operatives, and they will be missed along the sports beat.

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Carl Voyles, who had long coaching tenures at Auburn and William & Mary, got the feel of football again by assisting one of his former proteges, Jim Hickey at North Carolina, with offseason grid practice. Hickey played under Voyles at W & M.

Voyles, working principally with the Carolina ends, was end coach under Wallace Wade at Duke for many years. He's now in business in Vero Beach, Fla.

Art Wall, Jr., 1959's pro golfer of the year and winner of \$63,000 in tournament play, is a former Duke University golf captain and roommate of Mike Souchak, another leading player on the procincuit

Chief reason for his improved play was a psychological one. Wall said he started spending less time studying and anticipating his shots, thus reducing tension and fatigue.

Harold Hunter, who went to Richmond University last fall from Washington & Jefferson College, has assumed the line coaching duties following the resignation of Bobby Sgro, who entered business.

Hunter was captain of the 1955 University of Pittsburgh eleven and later played a year of pro ball with the Pittsburgh Steelers.

When North Carolina played its final home basketball game of the season, Coach Frank McGuire started two senior benchwarmers who had never started a game before. They were Grey Poole of Raleigh, N. C., and John Crotty of Bayonne, N. J. McGuire used the only five seniors on his squad for the first five minutes against Duke in the seasonal finale.



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## SOUTHEAST



TOM SILER

**Knoxville News-Sentinel** 

SNOW stopped the Ole Miss football Rebels in spring practice, which is more than SEC rivals could do. The off-season drills at Oxford were set back two days by a snow that blanketed the South. Knoxville got the heaviest dose, 18.8 inches by official reckoning. That was in mid-February.

JOEL EAVES is our selection as SEC coach-of-the-year. The rangy gentleman with a crew cut greyer than it should be squeezed the last bit of potential out of his Auburn gang.

The Plainsmen lacked height (6-3 was the ceiling) yet the Auburn boys whipped Georgia Tech twice and outscored most teams with deadly accuracy. Eaves' boys were taught to shoot only when they were "certain" of a good shot.

Player-of-the-year rests between Tech's Dave Denton, a handyman type, who has defensive lapses, and Auburn's Henry Hart, who is probably the most consistent all-around athlete in the league. Denton's quickness makes him invaluable as a ball hander and as a driver for the bakset.

The marksmen-of-the-year is Tech's Roger Kaiser, whose forte is a one-handed jump shot from any angle. He has another year of eligibility.

Sophomore-of-the-year is Tulane's Jack Ardon, a 6-10 fugitive from New Jersey who showed tremendous improvement in the last two months.

SEC GRAPEVINE says Adolph Rupp has dispatched his scouts to the junior college circuit to help bail out the Kentucky Wildcats. Last time Adolph was desperate he plucked a junior college giant, one Bob Burrow, who saved the day for a Kentucky team that had no effective big man.

Kentucky's season, at this writing, is not bad (only five defeats in 21 games,) but this is a little below the Rupp standard of the past.

JOHN MAUER of Florida had to choose between football and basket-

ball. He chose football despite a lifetime as a distinguished head coach in the indoor sport.

He will tutor the ends in defensive play for Ray Graves, the rookie head coach of the Gators. Mauer is an expert on end play, one of the reasons Florida had such sturdy defensive play over the past decade.

Coach Graves, also the athletic director in the new alignment at Florida, says he has had 100 applications for the basketball job. Graves says no successor will be named until sometime in March.

HOUSTON'S SUDDEN withdrawal from the sprawling Missouri Valley Conference led to speculation about Houston's chances of getting an SEC berth. There seems almost no chance of it despite the fact that Alabama's Paul Bryant endorsed Houston as an SEC member.

At the recent SEC winter meeting Houston and Miami were given virtually no hope that there would be a vacancy in the near future.

PAUL BRYANT, by the way, is a grandfather. He joins Fred Russell (Nashville Banner) in the category of rookie grandfathers. At last report both grandpappys were doing as well as could be expected.

GENE LAMBERT, rumor has it, will leave Alabama to become athletic director at Memphis State, where he once was basketball coach. Dr. Lambert reportedly likes the idea of moving back to Memphis where he has many friends. Too, there is virtually no pressure in being an athletic director.

The Memphis State vacancy developed when Dr. C. C. Humphreys, the athletic director, became acting president.

If Lambert leaves Alabama the likely new coach at Tuscaloosa is C. M.

(Continued on Page 44)

### CAGEY



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BILL KERCH

St. Louis Globe-Democrat

#### COACH GEORGE SMITH and the BIG O

AS ANTICIPATED before the 1959-60 season began, Cincinnati's Oscar Robertson became the major college basketball's all-time high scorer early in February. The Big O shot past the previous record of 2587 points, set by Dick Hemric of Wake Forest in four seasons and 104 games ending in 1955.

Robertson passed Hemric's mark Feb. 6 with a 29-point binge against Houston, raising his career total to 2600 covering 76 games in less than three seasons. He began improving on that mark in the next game when he hooped 62 points against North Texas

At the rate he's been going and with the possibility of four post-season games, Robertson might surpass the 3,000-point mark by the time this publication comes out.

Among other records Oscar could set are a career average - 32.5 by Frank Selvy; most field goals, Elgin Baylor's 956; most free throws Hemric's 905, and being the first ever to win the major scoring title in three successive years.

One of the most persistent arguments among basketball followers this season has been centered on Robertson and West Virginia's Jerry West which is best? It is this writer's contention that Oscar is best.

Both have terrific anticipation in so far as rebounds are concerned and the opposition's offensive and defensive tactics. Both also have great natural ability. For overall skill and maneuverability, however, my vote goes to Robertson. Of course, I've seen West in just two games - at the Kentucky Invitational Tournament - while I've watched Oscar in a pair of games each season covering the last three years.

Robertson is skillful in all phases of the game and, as Cincinnati coach George Smith has often pointed out, he's also a take charge guy who can carry the load himself when the others on his team fall to the wayside because of the pressure. Tom Gola often did that when he played for LaSalle College, but Robertson does it with even greater agility than did Gola and he doesn't get the type of protection Coach Ken Loeffler used by way of a zone defense to keep Gola from fouling out.

A player of Robertson's ability comes along possibly once in a coach's lifetime Smith appreciates it enough to let Oscar play the full time of almost every game, thus setting a "sky's the limit" opening for the Big O in so far setting an all-time scoring record that may not be broken for years to come.

Time and again Cincinnati has had the game clinched early in the second half, yet Smith has allowed Robertson to stay in and collect more than his share. A good example of this was the 123-74 victory over North Texas when Oscar got his single-game career high of 62.

Smith, of course, is intelligent enough to know that when Oscar is gone there are going to be a lot of coaches who will try to reciprocate. George himself is a strong competitor just as he was when he placed tackle for Cincinnati's Bearcats in the early 1935s. There's no doubt that Smith has fought for every point his Bearcats have made. Even when other teams concede defeat and begin inserting substitutes, Smith has kept Robertson in there to build up that point total. So it's apparent that Smith has been just as good for Robertson as has Oscar for the Cincy coach.

The important fact is Robertson will be gone after this season and Smith will be left to battle the rest of the pack without one of the all-time great take charge guys. Smith is facing this type of future unafraid, even though he knows what lies in store for him. Whether Smith has winning or losing seasons from now on, it's doubtful if he'll ever have another player to replace the Big O and that alone will leave a gap of some sort in future Cincinnati basketball.

A number of Cincinnati fans felt

that way, no doubt, when first Jack Twyman, then Dave Plunkett and finally Connie Dierking left the school after fine careers. Robertson has erased nearly all their records and it just doesn't seem possible that anyone coming to that school will be close to duplicating his feats. Naturally, there's always talk of an upcoming whiz because of the wonders of college sports is "There's always tomorrow," and that's what Smith is facing both hopefully and courageously.

Hopefully, because like all other coaches he'll always be looking for that "big guy" to come along and carry the school's colors right to the top. Courageously, because every coach must face the time when all past glories are forgotten and a few brash students team up for a "hanging in

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There's no doubt that Smith, and countless other coaches just like him, give their all to make their school the most outstanding. Many of them even lose lifelong friends because they are so busy working with their teams. Oddly enough, a good number of players leave these same type coaches without an appreciation for their help.

This is the worst pill a coach must swallow. The "hangers" in all cases are a group of sharpies who enjoy injuring someone's pride because of the

"fun" involved.

Because of this, more than anything, all collegiate players should make it their business to see that the hangings are stopped. Administrative officials at many of the schools don't seem to know what's going on. Perhaps they think, as do the smarties, that it's all done in "fun" and can't hurt anyone.

Just imagine how Smith would feel, after these three great years with Robertson playing for him, to have himself "hung" because his teams are just finishing above the .500 mark. Both Tex Winter of Kansas State and Ralph Miller of Wichita have been shamed just because their teams this season haven't been up to what some of the students set as a "par."

Collegiate sports are played, beside the regular competition, for the pleasure of the students. Too many of the students don't attend and because of this are missing one of the real joys of attending a university - that is, a feeling of belonging athletically as well as scholastically.

Through the years athletics have done more for the students, as a whole, and for many of the schools than any other one single factor. A good many of the educators don't realize this as much as they should and, possibly for this reason, the "hangings" are allowed to continue despite the overall indig-

(Continued on Page 43)



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BERT BERTINE

Champaign-Urbana Courier

#### **BIG TEN BASKETBALL**

AS THE BIG TEN basketball race passed the halfway mark the only question left in the championship picture was whether Ohio State could make its title an undefeated one.

At the time of writing the big Buckeyes had compiled an 8-0 record with six to go. They had beaten every team in the league except Iowa and Minnesota with which they have late, single contests.

No Big Ten team has won the basketball crown with an unblemished record since Illinois' fabled Whiz Kids turned the trick in 1943. Coach Fred Taylor's sophomoric club is being compared favorably with the Illini of that era.

Only seven Big Ten basketball teams in history went through their conference slates undefeated. Besides Illinois, they were Chicago, 1909; Wisconsin, 1912 and 1914; Illinois, 1915; Minnesota, 1919; and Purdue, 1912 and 1930. Wisconsin and Purdue tied in 1912 with unmarked slates.

Road games held the answer to

whether Ohio could join the group. Four of its final five games were scheduled away from friendly St. John Arena and all four of the opponents — Illinois, Indiana, Michigan State and Minnesota - are rated tough homefloor teams.

Although the fabulous Jerry Lucas, 6-8 sophomore center who does everything with deceptive ease, continues to attract the major portion of individual publicity, the Bucks are far from a one-man gang. For example, the poorest shooting average in the starting five after 16 games was .440 by forward Joe Roberts, the team's only senior.

Not only were the Bucks running away from the pack in the standings, but also making a shambles of Big Ten records. After eight games they were averaging 94 points a game as compared with the 91.2 record; and they were shooting .499 as compared with the season mark of .431.

Lucas' figures were even more amazing. The big boy, who moves like a six-foot guard for all of his 230 pounds. owned an individual shooting average of .696. The conference record is .538.

He was not leading Big Ten scoring, however, since he doesn't shoot often in Ohio's balanced power attack, and often sits out a fourth of a game. If Lucas were playing on a poorer team which leaned on him he undoubtedly would average in the 30s. As it is, he had a 25.6 average as compared to 28.1 by Purdue's brilliant sophomore, Terry Dischinger, and 26.0 by Michigan State's veteran warhorse, Horace Walker.

Every method of defensive and offensive strategy has been tried by Big Ten opponents to check Ohio State, but everything has failed. There is no answer to an agile 6-8 performer surrounded by jumping-jack forwards like 6-6 Roberts and 6-5 John Havlicek and deadly outshooting guards like 6-4 Larry Siegfried and 6-2 Mel Nowell - plus the best bench in the league.

ENLARGING on the Ohio State theme, this is a tremendous year in college basketball for the entire Buckeye state.

It includes, of course, the nation's top-ranked quintet, Cincinnati, with its great Oscar Robertson, It also includes teams ranked among the nation's top 15 in Dayton and Toledo. It has three of the nation's top 10 individual scorers in Robertson, who has scored more than any collegian ever has, Lucas and little Jimmy Darrow of Bowling Green who is averaging around 29.

MICHIGAN appears to have a lock on track honors in the Big Ten this year. Coach Don Canham has retained many of the stars who won the indoor crown in 1959 and added some fine sophomores while his arch-rival, Illinois, outdoor title winner, has been hurt by ineligiblity.

\*

Grades kayoed Ernle Haisley, Big Ten high jump champion for two years, and Ward Miller, 100 and 220yard dash champ last spring, at Illinois. They also sidelined promising soph sprinter Johnny Counts, the football halfback, and Lloyd Goodleigh, a Jamaican middle-distance runner.

Michigan blue chips back are Tom Robinson, ace sprinter who was injured when Miller won the 1959 titles; Les Bird, broad jump champion; Tony Seth, 880 runnerup; Dick Cephas, hurdles and high jump; Dave Martin, mile; and John Greggs, dashes.

Bright Wolverine sophs are Ergas Leps, distance running; Bennie Mc-Rae, hurdles; Steve Williams, high jump; and Ray Locke and Terry Trevarthen, shot putters.

#### (Continued) MISSOURI VALLEY

nation by everyone after they do occur. There's a great thrill involved watching two evenly matched teams battle on a field of play, whatever the sport.

There is nothing finer than athletic competition where complete sportsmanship is involved. That is the job of every coach and if he's not concentrating his efforts on teaching fair play as much as the game itself then he shouldn't be coaching and should not be working for a university. But if he is producing gentlemen, whatever the team record is, the school officials should do everything possible to retain that coach and protect his name and keep him content.

Smith, of course, has been very happy with Cincinnati. A native of Mt. Vermount, Ohio, George has said that when he's through coaching he'd like to continue making his home in that area. The fame he and Robertson have brought to the school over the last three years should be indelible no matter what future years may bring.

The University of Cincinnati should, above all, be thankful to both Smith and Robertson because of the fame they brought to the school throughout the nation and especially in their own city. Practically every sports-minded citizen in Cincinnati talks about the basketball Bearcats as they would about bread-and-butter at the kitchen table. This is most unusual in a large city where there are so many diversions. It's habitual in Lexington, Ky., where Adolph Rupp has been selling basketball for a quarter century, but Smith and Robertson did it in three

School officials at Cincinnati should give it a thought, anyway. And now is the time to do it. Not a few years from now when the Bearcats become just another basketball team.

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#### SOUTHEAST

(Continued from Page 41)

Newton, aggressive young coach at Transylvania College in Lexington, where Dr. Frank Rose was president before Alabama lured him away. Newton learned his basketball under Rupp at Kentucky.

BUCK ANDEL, the Georgia Tech trainer, has been appointed one of the 10 trainers to go to Rome with the U.S. Olympic team next August.

Speaking of trainers, the shakeup at Florida did not affect Sam Lankford, trainer of Gator teams for many years.

COACHING CHANGES in recent weeks . . . Sam Lyle (Florida) accepted a job at South Carolina, Harvey Robinson (Florida) returned to Tennessee, his alma mater. Jack Green (Tulane) joined the Florida staff. John Majors (Tennessee) moved to the Mississippi State staff.

All of the coaches at Florida are now employed except the boss, Bob Woodruff, who is mulling over several business opportunities in that state.

SEC CAGE STARS given the best chance to make the 12-man Olympic squad are Roger Kaiser of Georgia Tech, Jack Waters of Mississippi, Henry Hart of Auburn and Ben Coffman of Kentucky.

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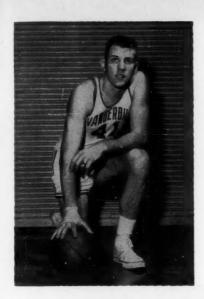
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Dave Denton, Tech senior, might stand a chance, too. Denton hopes to make the grade in pro ball.

WINTER BOOK on SEC football... the leaders will be rated in this order: Mississippi, Georgia, Auburn, Georgia Tech, Tennessee, Florida.

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This month's featured





#### **BOB POLK and BILL DEPP**

OUR FEATURED COACH and Athlete this month is genial Bob Polk, head basketball coach at Vanderbilt University, and his center, Bill Depp.

Coach Polk was born in the nation's hotbed of basketball, at Tell City in Southern Indiana. He played organized basketball from the fourth grade right on through college, at Evansville, which he finished in 1939. Bob returned to Tell City to teach, but soon took up coaching also. While stationed at Georgia Tech on Naval duty during World War II, he helped with the basketball teams there, and on discharge in 1946 was made an assistant coach. Then in the fall of 1947, he became Vanderbilt's head coach of baksetball.

As Vanderbilt's first fulltime basketball coach, Polk did an admirable job of recruiting the players and developing the teams necessary to raise Vanderbilt's basketball prestige. Bob's 1948 team won just 8 and lost 14, and finished in the SEC cellar, but his 1949 outfit reversed that won-lost mark and jumped to 4th place. In 1951 they won the post-season SEC Tourney, and most of Polk's teams since then have been contenders for the conference championship. Coach Polk's teams have won 164 games while losing only 92, for a fine winning percentage of .641.

Bob sat out last season due to a heart ailment, but he returned this year to add heat to the SEC race. While he is out of the championship running, he extended the favorites, losing to top-ranking Tech, Kentucky and Auburn in close games.

Bill (The Dipper) Depp is one of

the finest centers in the Southland. Unusually agile for a 6-7, 200 pounder, Bill maneuvers efficiently in a series of concentric circles from the top of the keyhole right up to the rim of the basket. He has an especially fine touch in the art of tipping, but he also takes the ball off the defensive board with ease, and he covers his opponent's movements without strain.

The Dipper established himself as Vanderbilt's starting center very early last season (his sophomore year) and went on to average 9 rebounds and 11.9 points per game, as he connected on 38.9% of his shots from the field. Depp was one of the SEC's best at the close of the '59 season. He is improving right along and is now in his junior year as an all-SEC candidate.

#### PACIFIC COAST (Continued from page 36)

sity of San Francisco, have said that this Bear team is the best that they have ever seen. As the old saying goes, "You can't win if you can't score" and with Cal's all-american candidate, Darall Imhoff, extending his 6'10" frame to sweep the backboards, opponents don't usually get that second or third shot. In fact, Imhoff and seasoned veteran Bill McClintock have a habit of blocking opponents' one-handers before they get under way. In general Pete Newell, the Bear cage coach, has done much to return the defense to basketball. The Bears work from a three-quarter court

press and somehow manage to blanket the opposing team. And when the Bears once get the ball they are in no great hurry to shoot. They will weave, screen, and wait for a good shot from their fine outside shooter, Tandy Gillis. Once the ball is on the offensive boards, seldom will the big men attempt that extra shot or difficult tip, but instead they tip it back out to the midcourt area where the pattern is set again for that good shot. Last year the Bears compiled the best defensive record in the nation as they allowed their opponents an average of only 51 points

per tilt, and although the stats haven't been compiled yet, they are close to that mark again this season.

Cal must battle Jerry Lucas, Oscar Robertson, Jerry West and a host of other outstanding players in order to emerge the National Champion but the Bears have the stuff to do it and they will be playing at the Cow Palace in San Francisco (if they get to the semifinals that is) which is right in their own back yard. As we have said above, our perspective may be a little bit defending NCAA Champions., the California Golden bears.

#### **U.S. AIR FORCE** ACADEMY

(Continued from Page 9)

but the future is bright as the Falcons' enrollment continues to increase and schedules expand.

A good example of proportions of the well-rounded program was a recent Saturday afternoon winter-sports schedule at the Cadet Gym. During a period of more than nine hours, more than 250 athletes competed in nine contests in seven different sports. Schools were on hand from as far west as California and as far east as Ohio. It certainly was the most diversified college winter sports program ever presented in the Rocky Mountain region - and all under one roof.

Yet, sports presentations of this magnitude will be the rule, rather than the exception, in future years at the Air Force Academy, now that the physical education building (gym) has been completed. This building presently is used for physical training, intramurals and intercollegiate ath-

Some of its features are: Intramural swimming pool, 120 x 60



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feet; natatorium, 213 x 56 ft., with two movable bulkheads, one three-meter diving boards and five and ten meter diving platform, 1,500 capacity spectator gallery, and two underwater viewing rooms.

Twenty-position rifle range and 10position pistol range, each with automatic target carriers; eighteen handball and sixteen squash courts; three basketball rooms, each 104 x 220 feet, each with four cross courts and two length-wise regulation courts.

Separate rooms for boxing, gymnastics and wrestling-judo; locker rooms to accommodate approximately 2,500 persons; dry heat and wet head rooms; training room with future corrective exercise room and weight training room; plus adequate equipment storage and custodial rooms.

Outside facilities, reached by ramps leading from the back of the physical education building, include tennis, volleyball, badminton and basketball courts, baseball diamonds, football and soccer fields (the latter double as lacrosse, softball, fieldball and pushball fields) and a one-quarter mile track.

On April 15, the Air Force Academy Foundation, a group of public-spirited citizens from all parts of the country, will begin the first phase of a drive to raise \$3,500,000 to build a stadium on the Academy site. The stadium will be built on a natural bowl formation with an original seating capacity of 40,000.

A one-month in-service drive will be conducted in order to raise a substantial amount of the building funds. It will be followed by a concentrated drive, in 12 to 15 key areas of the nation, seeking larger donations.

The mission of the Air Force Academy Foundation is to provide certain recreational and cultural facilities for the Academy which are not available through appropriated funds. Two of its completed projects, an 18-hole golf course and the Farish Memorial Recreational Center, already have been donated to the Academy.

Engineering and design work have been completed and presented to Headquarters, USAF, for approval. Plans for the various phases of the stadium fund drive have been approved by the Secretary of the Air Force, who is honorary chairman of the board of the Foundation. Target date for completion of the stadium is the 1962 football season.

Yes, the Falcons have come a long way during these past five years and, while they still have a long way to go, they've already displayed the vigor, tenacity and dedication which undoubtedly will enable them to reach their lofty goals.

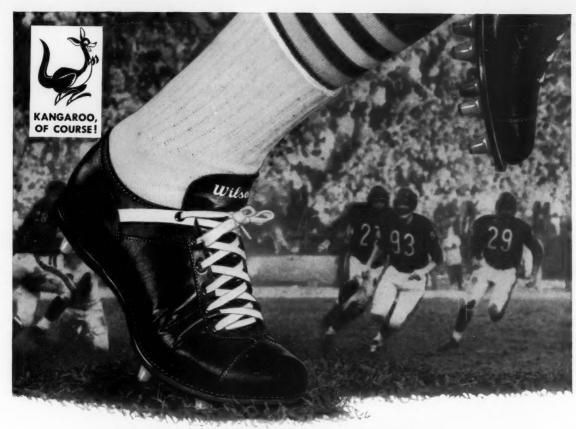
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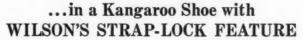
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Vinyl bindings draw the shoe's heel firmly but comfortably against the wearer's heel, hold it there securely, as long as the lace remains tied.



Fast, firm, secure footing means everything in football. That's why coaches everywhere are switching their boys to Wilson lowcuts with the new Strap-Lock feature. Besides the Strap-Lock, Wilson lowcuts retain all the other features which have made them the fastest shoes in football.

- KANGAROO LEATHER UPPERS—the toughest lightweight shoe leather in the world.
- EXCLUSIVE WILSON LASTS AND PATTERNS insure proper fit and form for speed, balance, and positive conversion of foot drive to shoe movement.
- GOODYEAR WELT CONSTRUCTION—This finest of all shoe constructions produces a shoe of extreme durability and great strength. Goodyear welt construction is a feature of most top quality Wilson football shoes.
- TOP QUALITY OUTSOLES—You get flexibility, neat edge appearance, and top moisture resistance whether you choose a Wilson shoe with a leather or a Drilite outsole.
- $\bullet$  LIGHTWEIGHT STEEL TIPPED NYLON GAME CLEATS give fast starts, secure traction, and long cleat life.



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TK-5-SAFETY SUSPENSION HELMETS U. S. Patent Nos. 2,293,308 and 2,359,387

BD-9 DOUBLE BAR TUBULAR FACE GUARD U. S. Patent No. 2,785,406



